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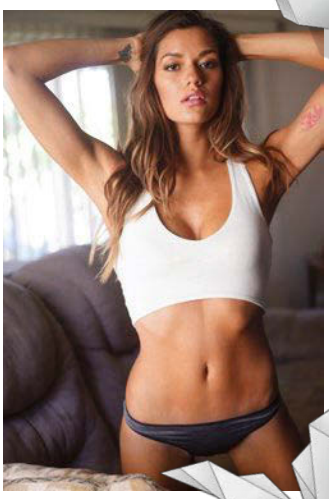
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PHOTOGRAPHY: REY TRAJANO, ROY MACAM, HEIDI AQUENDE, JAY TABLANTE, MARK JESALVA; ILLUSTRATIONS: WARREN ESPEJO, MARTIN COSME

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THE TEAM: WHAT *FHM*ers HAVE BEEN UP TO THIS MONTH

We're putting off the rainy season for just a little bit longer. The *FHM* team got to chill at the beautiful Camayan Resort together with our gorgeous cover girl, Valeen Montenegro. As you guys can see, all of us were ready to hit the beach and get our tans on.





Since we have very limited funds and because of the sudden rise of talent fees these days for decent models, we sometimes have to take matters into our own hands. Now you guys know that we try to have as much fun making your rag as we do modeling in it.



The Chief does a GPOY with one of the gems we shot for our massive toy collectors' guide on page 136. (Cue *Voltes 5* theme: "Tenen-ten-tenen...ten-ten...")



The Chief and our great, good friends from the industry kicked off Summit Media's 20th anniversary at Outside the Red Box, where they shared stories of failures, perseverance, and success, all while everyone enjoyed a cup of beer in hand. Cheers! #PassionOn



Our web managing editor, BA, with his son at the recent Monster Jam in Manila. BA sure looks more thrilled than his kid.



Our EA Chise channeling his inner JM de Guzman in this *Tadhana-inspired* post. Going off to random mountains and stuff, making *hugot* and such. *Gusto na raw niyang makalimot.*



Yet another pakisuyo by our big man from FHM.com.ph. Cheers to newlyweds Paolo and Vira! You made BA very happy yet again with your sumptuous buffet selection!

FHM

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COURT REINVENTION

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Lacoste sweeps into the new Autumn/Winter 2015 season using its heritage-inspired and on-trend yet practical footwear designs. Carefully crafted in high quality materials, these classic autumnal styles are given a luxurious update to effortlessly take you through the colder months.

The Casual Refinement collection, featuring Millard Chukka, offers a classic premium style. Refined silhouettes, combined with a wedge sole, bring together carefully considered design and superb comfort.

The collection features strong and smooth uppers in premium leather done in Black, Dark Brown, and Tan paired with signature clean lines that nod to the brand's iconic DNA. The classic looks continue with traditional leather rand and heavy stitching, tonal laces, and a subtle leather branding tab at the collar. A raw cut finish on the leather provides a crafted look and feel, reinforcing the premium casual aesthetic for men this winter.

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LETTERS 07/15



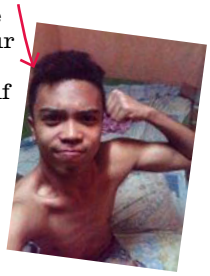
All hail Maria!

Thank you so much for having Maria Ozawa grace your cover. Dreams truly do come true! You guys made my birth month extra special! *Akala ko hanggang pangarap na lang ang makita siya sa* cover *niyo*. Ha ha! By this time *siguro* sold out *na ang inyong* June issue *sa* stores. No surprise if this becomes your best-seller this year! 'Twas indeed a "collector's edition." Please post my letter in your next issue as your belated birthday gift to me. I've been your avid fan since January 2013. Thanks, *FHM*!
JL Cortez, Pampanga

Heaven-sent

I'm a senior college student and currently doing my thesis, which means I have to save a lot to cater all my needs. That didn't stop me from buying your June issue, though. Seeing Maria Ozawa on the cover for the first time was like "Holy f*ck, is that Angelica Panganiban back on the cover?" But no. Well, both of them are angels sent from heaven to please *FHM* readers. That totally works for me. Moreover, Divine Maitland-Smith (and her column) and the article "How to Get the Girl" were hella good reads! I would like to give a shoutout to my best bud Arnie Diola who will be buying your mag if he sees himself in it!
Kenneth, by email







@christiandelacrvz: Breakfast with @maria.ozawa.



@watdafrankth: I finally bought her! "Dreams do come true!"



@abbeyviation *Umalis lang ako saglit para kumuha ng tubig, pagbalik ko abot-tenga na yung ngiti niya.*



@callmejayandres: Indulge in your fantasy with @maria.ozawa! Ooops, don't forget the white sheets.

OZAWA WAS HERE!



She's a super freak

I've been an *FHM* fan since '05. Learned a lot and it absolutely helped me get the "freak in the sheets" title at some point. This time, I would like to surprise my man for eight years and counting. He is now working overseas, making sure Australians breathe clean air. He asked me to buy this issue for him as he is a big fan of Miss Miyabi. Soon as he told me that it was going to be in circulation, I called numerous bookstores and magazine stands in malls to save me copy. A copy was purchased today. Thank you *FHM* for letting me know I have skills! All the love and support!
Melody, by email

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If you never thought a pickup ride could be smooth, then you've never been in the new NP300 Navara. It's the first pickup in its class to have multi-link suspension with coil spring. The same kind that you will find in a sedan. If you can't believe it, test drive one in your nearest Nissan dealership today.

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@nick_de_polenc: I am the guy who fits in your preference, Maria. Exactly that. I am truly infatuated with you. <3



@callmetonyo: Work-life balance.



@thegreatmarkie: The kitty and the pussy.



@methus_20: Got my copy of #FHMOhMyMaria!

Status: one up

Made this Super Mario Forever NES cartridge-inspired invitation prototype while my H2B and I were exploring videogame-themed wedding ideas (ultimately ditched—we chose to go with the Kalos pokedex design, but I digress!). Long story short: we're getting married on August 22 and I want to give Christian something cool on our honeymoon (aside from the other thing). Would you please consider publishing this in your August issue? Thank you! Love you, Mochai! I can't wait to start a lifetime on co-op mode with you :-*

Richelle, by email







Take your pick

What do you think , guys: Wonder Woman Jahziel or Supergirl Cyen? Taken at the DC superheroes event convention.

Rvoj, by email



Six is the magic number

Six down, six more to go! Hoping for a Glaiza de Castro or a Coleen Garcia cover this year. More power, *FHM*!

JHON, by email



Please say yes!

Hi *FHM*, you've helped me with a lot of stuff but this time I need your help with this: Jaja, whenever I'm with you, everything makes sense and no sense at the same time. My heart stops thinking and my mind stops beating. My body is limp yet I'm still standing. I'm crazy but sane, blissfully in pain. Partially complete, I want that fixed. Will you share your life with me? Will you marry me?

Jaydee, by email

Mom has it

Here's my wife defining #MomBod in a whole new different way. An *FHM*-worthy mom!

Harley, by email



Covergirl dream

A photo of us in the Saudi Arabia taken 2014. We're celebrating our 3rd wedding anniversary this month. Having our photo in your magazine would be awesome. Ever since college, she has dreamed of being on your cover. Thank you!

Robert Noel, Jubail, KSA



To the man!

My favorite person in the world is having his 21st birthday. He's talented—*kunin niyo na siya* as designer, ha ha! To my GlennPanget, happy birthday!

CrushNiGlenn, by email



Wife works

My husband and I are fans of your rag and we do "*FHM*" photo shoots, with me as the model. Hope you can include our pictures in your next issue to surprise my husband!

Mae, by email





Annyeong!

Alvin asked me to make a mock *FHM* issue with Jinri Park on the cover, to which I obliged. Who can resist Jinri, anyway? This was the result. Jay Tablante, one of your best photographers, truly captures the best in Jinri. Kudos to him! For, Alvin, stop looking at her butt you might get *kuliti* by tomorrow!

midlf, by email

From hereon

I am back with another letter and a pic for my awesome BF, A! We've had one heck of a year. We had our ups and downs yet we're still here, together. Thank you so much for, A. Happy anniversary to us! I love you so much. We cannot give each other an eternity but will you be my man for the rest of our lives? I am willing to be your lady for the rest of yours. I hope this makes it to your July issue. Continue rocking on, *FHM*! You guys rule!

laDI_INNOCENT, by email




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Giving in to the season

with

Vanessa Hanson

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CHAD ROSARIO

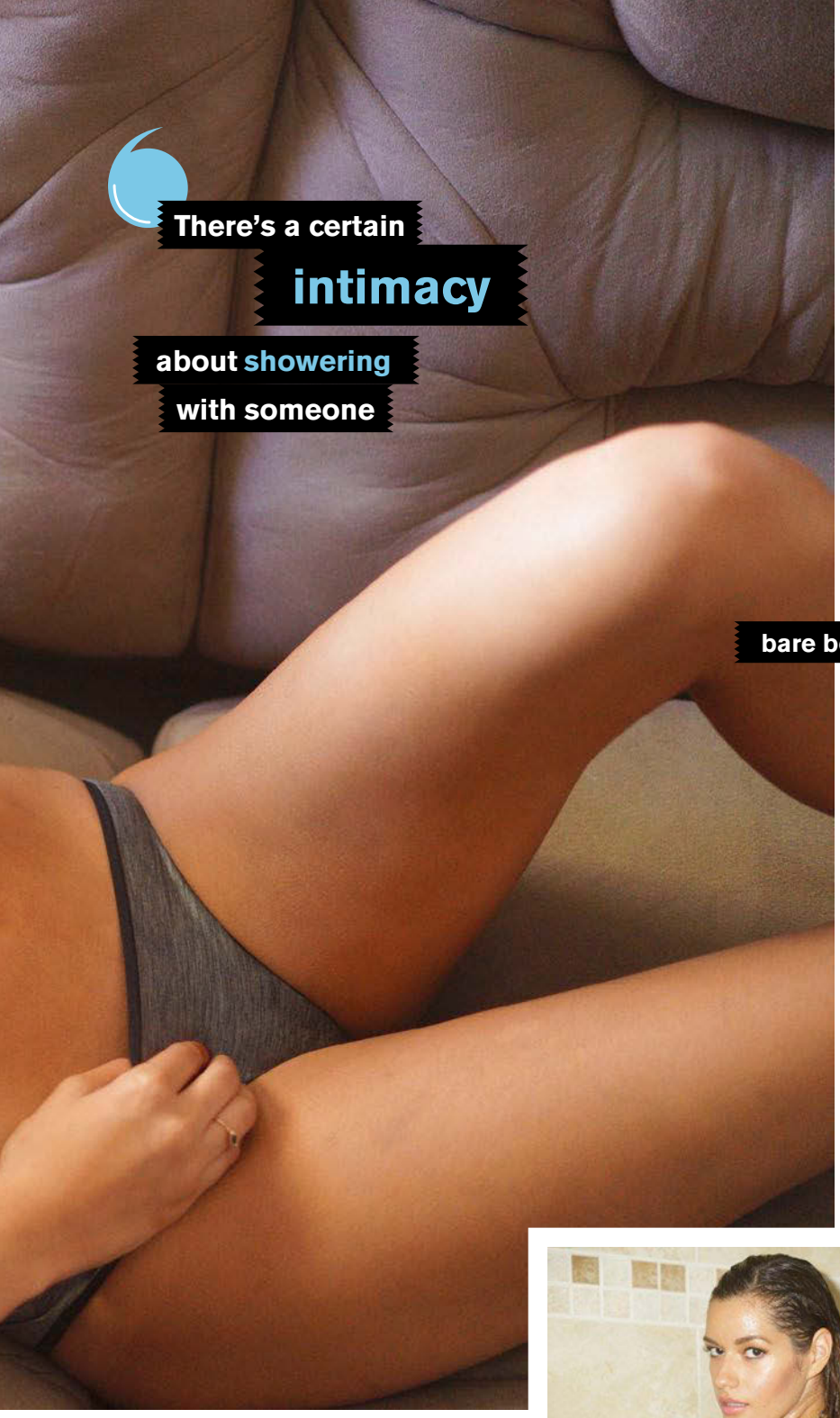


Vanessa Hanson likes to share showers

Now, she didn't mention whether she shares them solely with fellow hot models—and we forgot to ask—because our minds were clouded by so much "YES!" when we got hold of this information.

However, we'd definitely like to think this Orange County native is down with saving-the-earth habits with a dude. No need of any photographic proof of that in this set!

Your shoot had a very natural vibe to it. Are you always this comfortable during sexy shoots?
I am. It's definitely something you get used to after modeling for a few years. It's similar to having an alter ego—I get to be my typical silly, clumsy self in person and then when I'm in front of the camera my inner sex kitten comes out to play.
That set in the shower was definitely hot. We didn't think you'd do it, but we're so glad you did!
The "wet look" is actually one of my favorites. I love how raw the photos



There's a certain **intimacy** about showering with someone

tend to come out when you're out of your comfort zone. Thankfully with the California heat the shower was refreshing—I'm always happy to go the extra mile for great photos!

Do you support the slogan, "conserve water, shower together?"

I definitely do! There's a certain intimacy about showering with someone. When you have no make up on, bare bodies and a steaming room...the possibilities are endless. Plus, we have major drought issues here in California, so I'm only helping out, ha ha!



Speaking of showering, some models spend an eternity getting prepped. Are you guilty of this, too?

No, I am definitely not! I'm a tomboy at heart. The most makeup I wear is for work. When I'm off duty I like to save getting dressed up for special occasions.

Tell us how you landed being an Octagon Girl for the UFC?

I was actually at a beach in my hometown (Orange County) for the US Open of Surfing. UFC had a booth there because they were doing a Guest Octagon Girl search. The girls I was hanging with that day entered and insisted I did too. A few months later I got a call saying I won and the rest is history. It was one of those moments where the universe seems to be conspiring for you. I couldn't feel more grateful!

bare bodies and a steaming room...

the possibilities are endless.

You definitely have sexy legs. What part of your body gets the most compliments?

Thank you! The funny thing is, growing up they were so awkwardly skinny and long. All of the boys thought I was too skinny. Now that I've filled out, they're definitely what I get complimented on the most besides my dimples.

How much pressure does being an Octagon Girl put on models like yourself? Does having ultra-fit co-workers add to that pressure?

It is definitely a lot of pressure, but you learn quickly to deal with it and grow thick skin. It's all about having self-love and tuning out any negativity. Fitness and health have become such a part of my life that they don't feel like a chore anymore. I actually miss it when I don't have the time to work out, crazy right?

You're always around big brawny guys in your line of work. Do you go for the same type of guys?

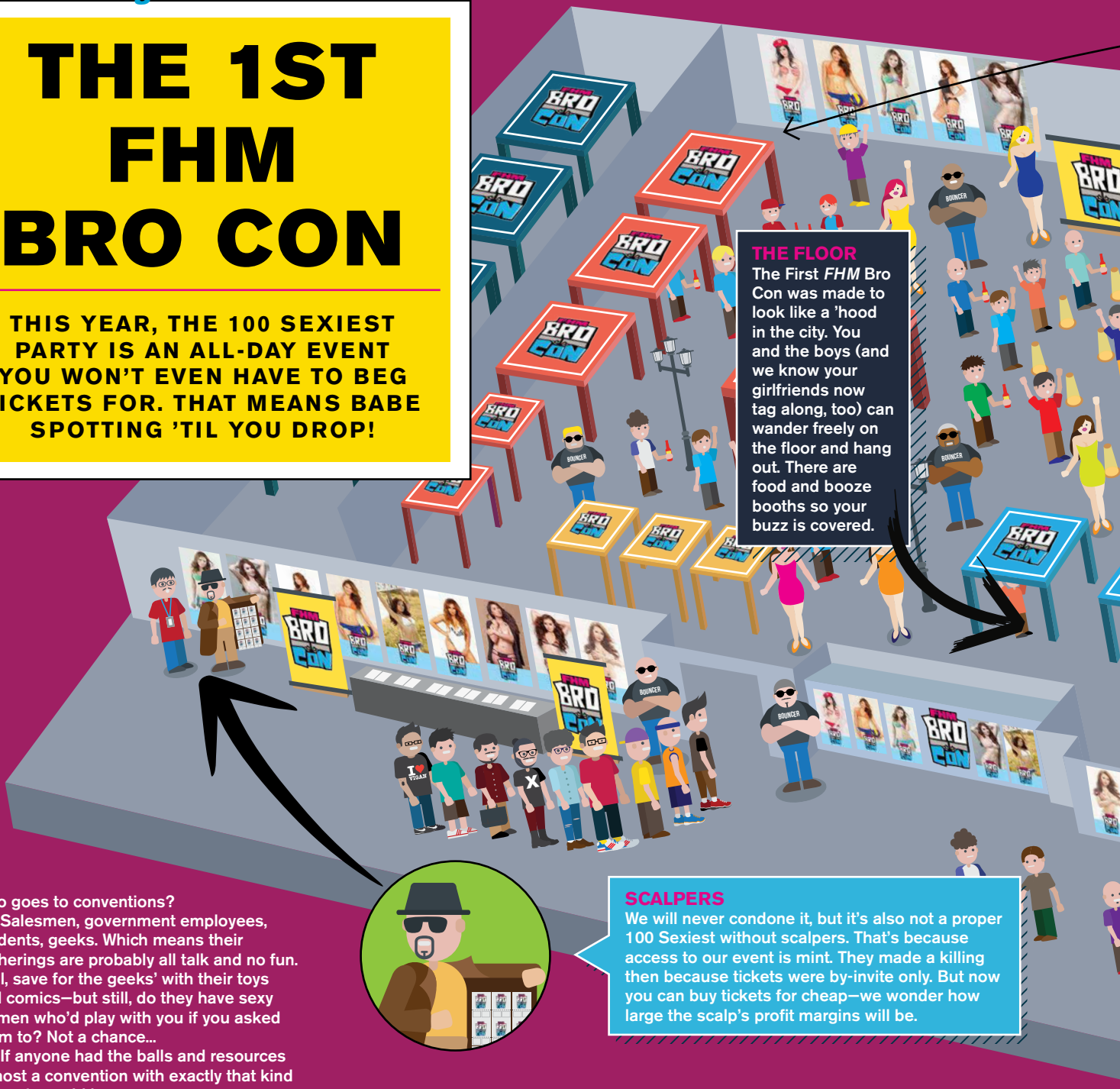
I wouldn't say so. I like my man to be fit and active, but over all personality is much more important to me. I have a pretty goofy personality so I need someone who can match it and keep me on my toes. Being over six feet and brunette is definitely a plus though!

What's life like for Vanessa outside MMA? What other things are you in to?

I love traveling, the outdoors, fitness, animals, video games, and food. I could probably own most guys in Smash Bros. It's a hidden talent of mine. My biggest passion is definitely food though. I love cooking and adventurous eating. My dream job is to eventually host a travel/food show in the future! **FHM**

THE 1ST FHM BRO CON

THIS YEAR, THE 100 SEXIEST PARTY IS AN ALL-DAY EVENT YOU WON'T EVEN HAVE TO BEG TICKETS FOR. THAT MEANS BABE SPOTTING 'TIL YOU DROP!



THE FLOOR
The First *FHM* Bro Con was made to look like a 'hood in the city. You and the boys (and we know your girlfriends now tag along, too) can wander freely on the floor and hang out. There are food and booze booths so your buzz is covered.

SCALPERS
We will never condone it, but it's also not a proper 100 Sexiest without scalpers. That's because access to our event is mint. They made a killing then because tickets were by-invite only. But now you can buy tickets for cheap—we wonder how large the scalp's profit margins will be.

Who goes to conventions?

Salesmen, government employees, students, geeks. Which means their gatherings are probably all talk and no fun. Well, save for the geeks' with their toys and comics—but still, do they have sexy women who'd play with you if you asked them to? Not a chance...

If anyone had the balls and resources to host a convention with exactly that kind of fun, it would be us.

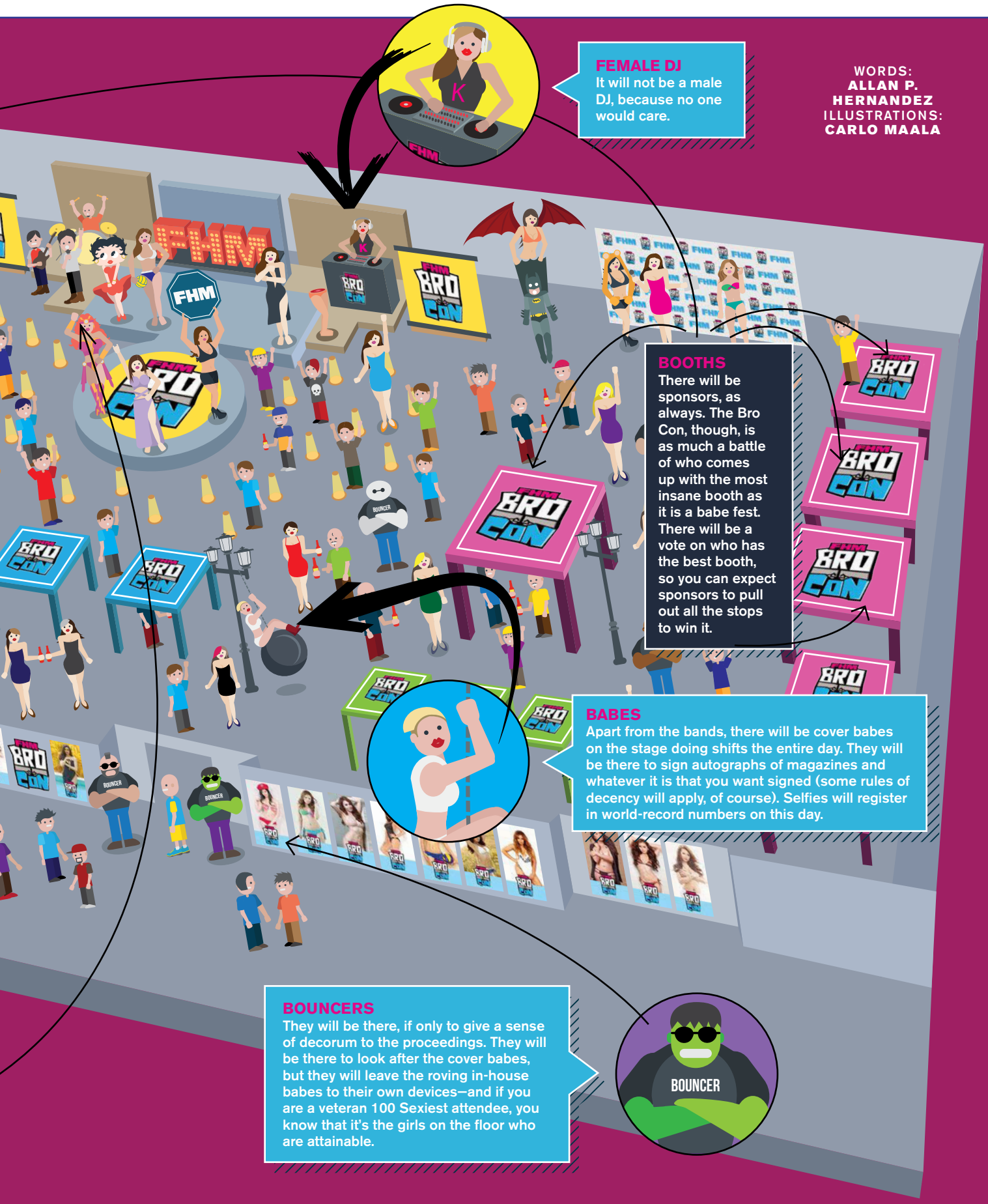
So, on July 11, your traditional 100 Sexiest party will become the first *FHM* Bro Con! From 10 a.m. to 6 p.m., SMX MOA will open its gates for you, knowing full well that you and the rest of *FHM* Nation have permission to have unbridled fun in the company of certified *FHM* cover stars, Girls of *FHM*, and our in-house roving babes. And the best: No special sections. Everyone is special!

And why won't you be begging for tickets? Because you can buy them for P150. You can bet it's damn worth it!

BANDS
It's not a proper 100 Sexiest event without bands rocking out. This year you get Ebe Dancel, Sandwich, Chicosci and Spongecola playing full *hindi-bitin* sets at any given time, kind of like a pocket music festival.



WORDS:
ALLAN P. HERNANDEZ
ILLUSTRATIONS:
CARLO MAALA



starter *paper airplanes*

PAPER ACES HIGH

MAKE USE OF THOSE PULP PILING UP ON YOUR DESK. LOOK AT THESE AWESOME DESIGNS THAT'LL MAKE YOU WANT TO PROCRASTINATE EVEN MORE!

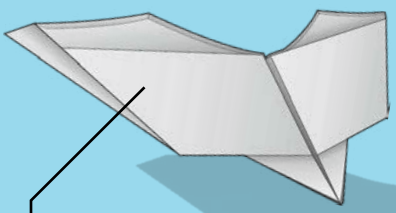
WORDS:
CHISE ALCANTARA
ILLUSTRATIONS:
MARTIN COSME

TIPS FROM THE RED BULL PAPER WINGS WORLD FINALS COMPETITORS

The Philippines sent three college students to show off Filipino ingenuity and represent us at the Red Bull Paper Wings World Finals



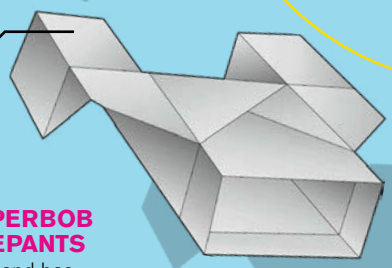
Neil Sevilla
"When adjusting your flight angles, remember to bend and not fold your planes! Folding causes the plane to lose its balance and usually stall or spin toward their sad deaths."



THE FLAPPY PLANE

IT'S ALIVE! Watch this graceful plane gently flap its wings like a slow, really drunk Angry Bird. This plane uses the air pressure beneath its wings to cause *their* fluid joints to bend and move up-and-down, causing a super cool flapping motion.

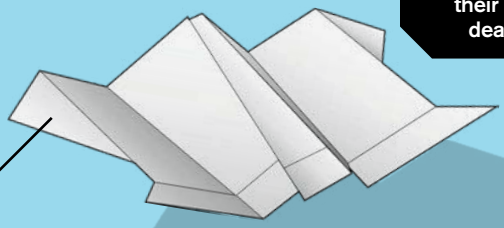
DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS



THE PAPERBOB SQUAREPANTS

It's square and has holes in it, go figure. Sadly, it doesn't live in a pineapple under the sea but it does fly relatively well. It uses the holes to funnel the air through the middle of the model so the back wings can catch the air drift.

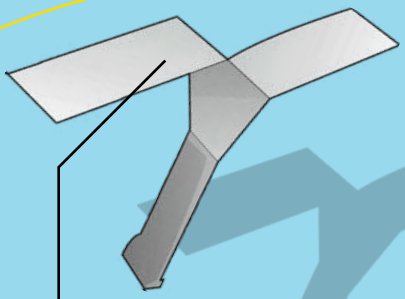
DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS



THE ZIG-A-ZIG-AH

One of the hardest planes to fold on this list but also one of the most versatile. This plane uses the radical edges on its surfaces to glide the air and somewhat zigzag. If properly folded, it can do tricks—like a boomerang return.

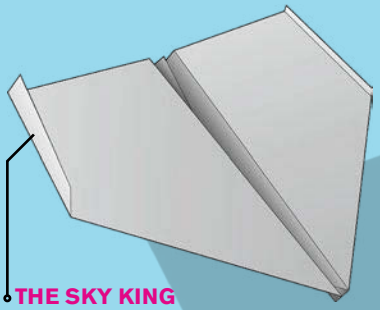
DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS



THE BEYBLADE LET IT RIP!

Wait! Don't! It's just an expression! Challenge your fellow paper pilots to a spin-off and throw this crazy plane up into the air and watch it pin at furious speeds.

DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS



THE SKY KING

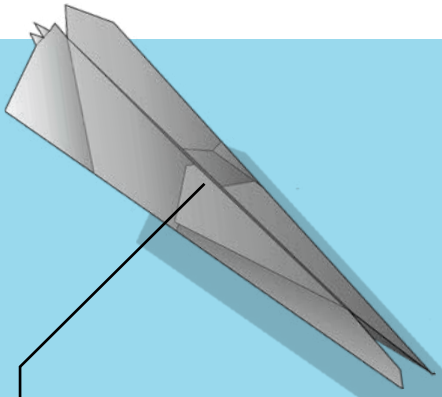
The design came from world record holder Takuo Toda. Our representative for the longest airtime category for the Red Bull Paper Wings World Finals, Neil Sevilla, said that the "logic was to have a wide wing span so that it would carry the plane in the air...to let it flow, basically."

DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS

LEGEND

DIFFICULTY
Difficulty of folding
SPEED
Velocity of flight
DISTANCE
Distance covered
STABILITY
Consistency of direction
TRICKS
Aerodynamic prowess

John Panis
"For improving throwing strength, it's obvious that people should exercise their arms for more power but most people forget to exercise their fingers. Gripping stress balls or tennis balls are very effective for exercising grip pressure and control used to effectively throw planes like mine."



THE BOOM PANIS

Paper Wing World finalist John Panis used a very logical design to challenge the other competitors at the world championships. The sleek and thin design of his plane cause it to fly at extremely high speeds and distances because of its reduced drag and cut smoothly through air pressure.

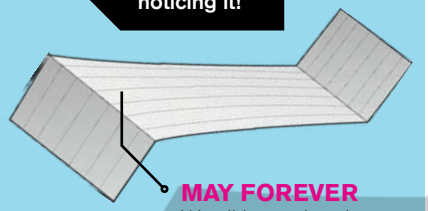
DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS

THE TAILWIND

The tailwind was one of several planes Red Bull paper wing competitor Brian Sayas used in his aerobatics display. It uses its tail to spin and curve, allowing it to make different fancy maneuvers depending on the degree of bend the tail has. It's a really versatile plane with a unique overall look.

DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS

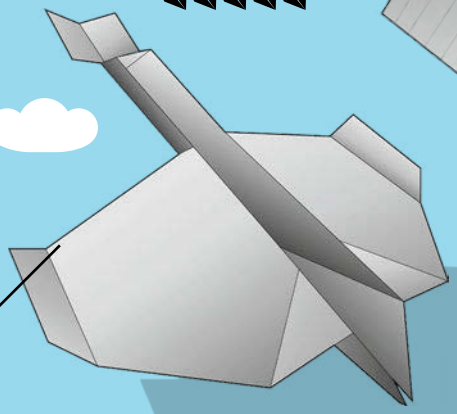
Bryan Sayas
"Keep yourself hydrated. I'm not kidding. People think throwing around paper airplanes is an easy task—it's not. Most paper plane aerodynamic stunts involve a lot of physical effort and endurance so it's vital for competitors to replenish their bodily fluids to not get dizzy without even noticing it!"



THE SPACE INVADER

Starships are meant to fly! Best equip this pseudo-star-destroyer with some state-of-the-art fusion mechanism technology (paperclips) to give it more stability and weight on the front. You should aim for a negative-dihedral angle on the wings (fancy talk for making the wings bend down). Throw this one with more emphasis on accuracy rather than power so its flight can look almost as good as its model.

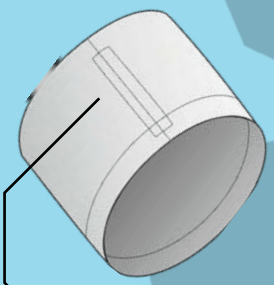
DIFFICULTY
SPEED
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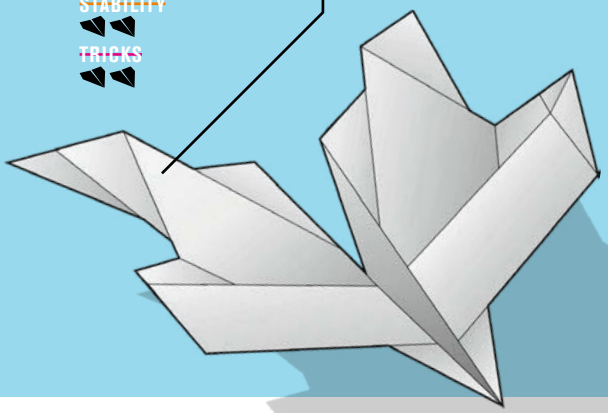


MAY FOREVER

We all know that the worst part of flying paper airplanes is that you have to pick them up after they land (awkward stomach folds FTW), but what if we told you that you can fly forever? Yes, *may* forever, or at least until you get tired. Use the lightest paper you can find and equip yourself with a cardboard big enough. Using the cardboard, scoop the air by walking around. Place the plane at a 45-degree angle. Try to balance the plane's falling and rising by regulating the speed of your walking and angle of your board. Watch as your plane spins around while levitating!

DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS





THE SADAKO

Most planes rely on their stability in order to travel efficiently, but this plane wants to spin out of control. Thrown like a football (the American one) this plane's distance and speed depend on the power of the spin the thrower can muster. So work on those shoulders, bro!

DIFFICULTY
SPEED
DISTANCE
STABILITY
TRICKS



ILLUSTRATION: MIKKE GALLARDO

BAR ROOM JOKES

Smart-assery in every shape and color

Just making sure

An old man had died. A funeral was in progress and the country preacher talked at length of the good traits of the deceased, what an honest man he was, what a loving husband, and kind father he was. Finally, the widow leaned over and whispered to one of her children, "Go up there and take a look in the coffin and see if that's your pa."
OnlyChild, via email

Smooth

Pinocchio was fed up with the recent complaints from his girlfriend. "Every time we make love, I get splinters." So Pinocchio went back to his maker, Gepetto the Carpenter, for advice. "Sandpaper," said the carpenter, "that's what you need." So, Pinocchio took the sandpaper home. A few weeks later, the carpenter bumped into Pinocchio again. "How are you getting along with the girls now?" Pinocchio replied, "Who needs girls?"
MoonChild88, via email

Look out

John and Nancy decided that the only way to pull off a Sunday afternoon quickie with their six-year-old son in the apartment was to send him out on the balcony and order him to report on all the neighborhood activities. The boy began his commentary as his parents put their plans into operation. "There's a car being towed from the parking lot," he said. "An ambulance just drove by." A few moments passed, "Looks like the Smiths have company," he called out, "Matt's riding a new bike and the Sanders are having sex." Mom and Dad shot up in bed. "How do you know that?" the startled father asked. "Their kid is standing out on the balcony too," his son replied.
PhillipsPhilleps, via email

Lost in interpretation

A Mafia Godfather, accompanied by his attorney, walks into a room to meet with his former accountant. The Godfather asks the accountant, "Where's the three million bucks you stole from me?" The accountant doesn't answer. The Godfather asks again. The attorney interrupts, "Sir, the man is a deaf-mute and can't understand you, but I can interpret." Using sign language, the accountant asks where the money is. The accountant signs back, "I don't know what you're talking about." The attorney relays "He doesn't know what you're talking about." The Godfather pulls out a nine-millimeter pistol, puts it to the temple of the accountant, cocks the trigger and says, "Ask him again where my damn money is!" The attorney signs to the accountant, "He wants to know where it is!" The accountant signs back, "Stop! The money is in a brown suitcase behind the shed in my backyard!" The Godfather asks, "What did he say?" The attorney interprets to the Godfather, he says, "Go to hell. You don't have the guts to pull that trigger."
Wowowie, via Facebook

DIRTIEST JOKE SHE KNOWS



Q: What's a porn star's favorite drink?
A: 7 Up in cider.
ST, 22, Events Coordinator

BARRIO JOKES

Kuya wag po

Boy: *Hindi na matutuloy kasal natin.*
Girl: *Ha, bakit?*
Boy: *Yung kuya mo kasi eh.*
Girl: *Bakit? Anong problema mo kay kuya? Gusto ka nga ng kuya ko eh.*
Boy: *Yun nga ang problema–gusto ko rin sya.*
Lolalors, via email

Reapplication

Pedro: *Mag-aapply po akong bilang* boy.
Amo: *Sige, ang trabaho mo lang naman ay pakainin ang aso ng* ham *sa umaga,* steak *sa tanghali, at* sausage *sa gabi.*
Pedro: *Binabawi ko na po yung* application *ko. Mag-aapply na lang po akong aso!*
SepanxMon, via Facebook

Dinaya-monds

Juan: Pedro, *bakit ka malungkot?*
Pedro: *Inaway ako ng asawa ko nung* birthday *niya.*
Juan: *Bakit naman?*
Pedro: *Eh kasi tinanong ko siya kung ano'ng gusto niyang* gift. *Sabi niya kahit ano–basta may* diamond.
Juan: *Tapos, ano'ng ibinigay mo?*
Pedro: *Baraha.*
YourMyKindsOfGirl, via email


ODYSSEYS AWAIT
SPERRY
Since 1935
Bonifacio Hight Street, TriNoma, Glorietta 3, Power Plant Mall, SM Southmall, SM Aura Premier, SM Mall of Asia, SM North EDSA The Block, UP Town Center,
Ayala Center Cebu, SM Northwing Cebu, Robinsons Place Manila, Centrio Mall Cagayan De Oro, SM Lanang Davao, SM Fairview, SM Bacolod

Penetrate her mind

LOUNGE

PHOTOGRAPHY:
EJAY LEUNG OF MIDNIGHT BONKERS
STYLING:
DEBRA BERNALES,
ASSISTED BY
MADEL DODOYCO
MAKEUP:
ANNE CASTAÑO
HAIR:
ANGELU DOMINGUEZ
WINGWOMAN LOGO:
AUGGIE FONTANILLA



WINGWOMAN

COVER ALL BASES

Looking to move from first base to home with the smoothness of butter? Our wingwoman sees you through

DATING PREFACE: WHAT BASE?

"Well this topic can change depending on your age. For example, when I was 14, first base meant a quick peck on the lips or cheek. Oh, how times have changed. You don't always have to go with the 'rules'... but it's good to know what they are, so you can play around them"



FIRST BASE

"Now, of course, first base means lips and tongue action, with some hands. It's simple, fun and exciting—exciting because if it's the first of a few dates, I'm guessing this is still a relatively new activity and experience for the both of you. But even if you've been doing it for a while now, it's still exciting because you know you're going to get a home run and might end up skipping some of the next bases. ;)"
Don't forget: "Always kiss with passion. It can take you a long way."



THINGS YOU DIDN'T KNOW ABOUT DIVINE MAITLAND-SMITH

WHY TWO LAST NAMES?
"My great uncle's friend who was Scottish, was the last Maitland. As a tribute for being last in his line, we added his last name into ours, that's why it's hashed. Do I get funny questions about my last name? I have gotten awesome ones like 'Are you Sanya Smith's sister*?' I'm like: Hell yes! I'm the secret daughter of a rock god!"

*P.S. "I'm not really"

SECOND BASE

"Second base is all of what first base is about, but with more hands—and I mean, more hands...everywhere! On her breasts, under her bra, over her bra, wherever. But this doesn't necessarily mean that either one of you are naked."
Don't forget: "The tease. This is what separates second base from the first. She's not giving you too much, but it's not too little either. So make sure to roll with the punches. Get what you're given, and be in sync with what she's dishing. It has to be just right."

HOMERUN

"You've reached your destination. Well, there's also anal but that's for the naughty freaks (in my opinion)."
Don't forget: "Cow girl and doggie are big hits, but these positions are too:

Lawnmower. This is missionary with a little umph. Basically just raise your partners legs/ankles over your shoulders.

Speed bump. Your girl lies flat on her stomach with a pillow under her pelvic area, her legs spread. Man lies on top, and you know the rest..."

FOURTH BASE

"If your partner's underwear is still on, then fourth base is where you take them off—because you are going to create a mess, a good mess indeed, but a mess nonetheless."
Don't forget: "Fourth base is all about the orals: mouth, tongue, and hand action, and I'm not just talking about women partners. I'm talking about you too. Guys, work that tongue! She'll love you for it."



THIRD BASE

"Now this is when the clothes start to come off. You might say getting a little more naughty with your hand techniques. On this base, you can show more of your skills and what you have to offer, so don't be afraid and show your partner what your made of."
Don't forget: "To release your hands. They're underrated, but your woman will love it if you let them wander free and go where they're not meant to be."



CUDDLE TIME GRUB

WORDS
CHISE ALCANTARA

PHOTOGRAPHY:
HEIDI PASCUAL-AQUENDE

Surprise her with takeouts that will satisfy both your appetites



WITH CUDDLE WEATHER UPON US, GOING OUT and dressing up for fancy dinner dates seems like such a hassle compared to your snuggly, comfortable couch. So why not take a look at these delectable choices we've lined up for you and your honey, for your special night at home? Because we all know what's up when she texts you "*dala ka foods*..."



PART 1
EAT AT THE COUCH



1 CRISPY CHICKEN CROQUETTAS
At: Chef Lau's Pugon Roaster
Light on the stomach but tasty enough to prep your taste buds, you're sure to have a fun time feeding each other these crunchy treats as the appetizer for the lovely night you're about to have. Don't forget the double dipping sauce!



2 CHICKEN PANDAN
At: Sweet Chili's
If fried isn't your woman's thing, or you both need a break from the *umay* of deep-frying, feed yourselves with the fragrance and flavor of pandan-tinged chicken. Let every bite zing!



3 SEAFOOD ISLAND 2, MACHO GRANDE AND EGG TART PIZZA
At: Mr. Pizza
We've all heard of stuffed crusts, but these guys take it to a whole new level with their wild-but-surprisingly good combinations. Ever tried a mocha cream cheese bun crust with a meat and potato pizza? What about a crust stuffed with a sweet egg pie filling? These guys will keep your taste buds titillated all night long.



4 FRIED BACON WRAPPED BURGER
At: Zark's
Date day is cheat day when you have some of Zark's greasily good burgers. These burgers are a meat-lover's wet greasy dream come true. The ridiculous amount of bacon enveloping the Deep-Fried Bacon Wrapped Burger will satisfy your inner-most carnivorous cravings.

PART 2
MOVE TO THE DINING TABLE

1 PUGON ROAST CHICKEN
At: Chef Lau's Pugon Roaster
Fake that food-cooked-with-love romantic atmosphere with this *pugon-roasted* bird on your table. Roasting from a *pugon* gives chicken some tender lovin' care that brings out the meat's natural smooth texture. Now smother it with spicy sauce filled with secret herbs and spices Chef Lau concocted himself, and this dish will make your tongue savor each flavor.

2 PAD THAI
At: Sweet Chili's
Pan-fried Thai noodles—what's not to love? Slippery fatty noodles in sweet and spicy sauce with fresh veggies and sautéed shrimp: an–easy-to-eat-easier-to-clean-up date food in a convenient styrofoam container.

3 CHEESY MEATY SPAGHETTI
At: Chef Lau's Pugon Roaster
Remember romantic comfort food? Saucy, cheesy spaghetti packed with meat chunks in every spaghetti fork twirl should need no explaining. *Lady and the Tramp* it out.

4 TOFU WITH MINCED CHICKEN
At: Sweet Chili's
Spicy enough to be *pulutan*, but silky and aromatic enough that you can call it date food. Don't let the Thai-inspired tofu and chicken combo fool you, though. The flavors may be far different from your usual *tokwa't baboy*, but it's as comforting and satisfying.



PART 3

EAT FIRST OR LAST



DIAL HUNGRY!

Chef Lau's Pugon Roaster
Ayala Triangle Gardens, Salcedo Village, Makati City
Delivery: 6216100

Sweet Chili's
Fisher Mall Quezon Avenue, West Triangle, Quezon City
Delivery: 3645550

Zark's
Venice Piazza McKinley Hill, Taguig City
Delivery: 2121212

Mr. Pizza
Ground Floor Greenbelt 3, Ayala Center, Makati City
Pick-ups only

1 SEAFOOD TOM YUM
At: Sweet Chili's
Because cuddle weather is nothing without *sabaw*—but not forgetting that it's a date, let's elevate that comfort liquid up several notches: Seafood and Asian flavors bursting from this Tom Yum should dance around your girl's tongue like nobody's business.

2 TOMBSTONE
At: Zark's
The perfect YOLO burger if you want to make your last date on earth memorable. The Tombstone's four half-pound patties will have your arteries clogging with all the lovin' you'll have gobbling down these beasts between buns.

3 TABLEA DULCE DE LECHE TART
At: Chef Lau's Pugon Roaster
End your relaxing night by sharing something sweet with your sweetie. Indulge yourselves with this bittersweet creamy tart so you can maybe use that sugar rush for some sexy after-date plans you guys have for the evening. After all, being at home means you're that much closer to your bedroom.



4 THACO
At: Sweet Chili's
We're in love with the Thaco; and we got it for a low, low price. But seriously, for a dish so packed with coco-latey goodness, we can't believe how the simple ingredients like coconuts and tapioca pearls could mix together to make this soft, creamy texture! The pandan leaves also add to the natural finish of the dish.



GOOD FOOD ACCORDING TO CUTE GIRLS!



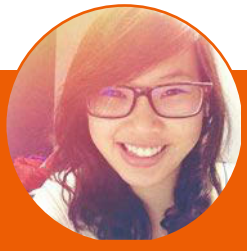
Abba: Something sweet! It always makes us happy.



Gwen: *Yung madaling kainin* with your fingers *na pwede rin* snack food to go with home movies.



Jean: If we're cooking pancakes, you can experiment on the toppings based sa personality ng *ka-date mo.*



Sam: Best first date would always be the girl's fave cuisine.

Sink into your delicious cravings



www.sapporoproducts.com.ph

LADIES' CONFESSIONS

Admissions from the inside of a car, on a chair, and with grown men who aren't *tuli*



MODEL: **KAREN AMRY;**
PHOTOGRAPHY: **JAY TABLANTE**
STYLING: **HANNAH KIM;**
HAIR: **CHARLIE MANAPAT**
MODEL APPEARS FOR ILLUSTRATION PURPOSE ONLY

CASTING CHAIR

I recently got my guy his ultimate dream chair for his birthday. He loves it, but I think he enjoys it a little too much. Every time I swing over, I catch him lounging around on the lazy boy eating chips and watching TV. I was getting worried that he would get chubby and lose his killer body, so I decided to surprise him with a little something to get him up and about again. I waited for him to get comfortable one evening on his sofa, turned off the TV and some of the lights, played some sexy music, and stood by the doorway in my sexiest lace underwear. He was about to stand up, but I gently kicked him back down using my high heels. I softly pressed on his crotch with my heel, and unsurprisingly, his crotch pushed back. I sat on top of him and gyrated my hips. I bounced up and down, smothering his face with my breast. I took off his pants and started rocking the chair by bouncing on top of his dick. We switched positions and he spread my legs apart, as the chair would sway each time he thrust into me. He came so much the night but was still really careful not to get any stains on his beloved chair. At least, this is one way to make your man get up again.

Sandy, via Facebook

ALWAYS HERE TO LISTEN, LADIES!

Keep sending your escapades to fhmladiesconfessions @gmail.com

'I softly pressed on his crotch with my heel, and unsurprisingly, his crotch pushed back'

HOLDING IT IN

I visited my guy in his hometown. He had a lot of projects there, so I wanted to keep him company. He picked me up from the airport and we headed straight to his hotel room. We haven't been with each other for a while so we were really itching to do some naughty stuff. While he was driving, he told me, "*Na-miss ka niya nang sobra. Ang tigas na niya.*" So I grabbed his junior through his shorts and slowly tugged on it. His moan told me how much he missed me so I felt sorry for him and his junior. I unzipped his shorts and started positioning my head between his legs. I sucked on his junior that was sticking out from his shorts' zipper. It was difficult at first since the car got a bit shaky since he found it hard to concentrate while I was sucking him, but I just kept at it until we reached


It feels like the first time...
www.premiere.com.ph
@premierecondoms
TRUST
Quality Choices
dkt
Premiere
Condoms
#fitforpleasure



a stoplight. I stopped as soon as our car stopped since I didn't want anyone peeking in and seeing me. He asked why I stopped when he was so close to popping. He looked so cute and sad, so I just had to keep going even if someone could possibly see us from outside. I sucked him vigorously until I felt him shaking. He held my head down as he ejaculated inside my mouth–which made me choke a little. I tried my best to swallow but I just kept on coughing. He apologized for holding my head down but I just looked up, teary-eyed, and just smiled at him as his cream dripped down from the side of my lips and the tip of my chin.
Maria Lee, via Bullboard

HOMEMADE

My parents were out of town—leaving my sister and me alone at home. I invited my boyfriend to help us cook, watch a few movies, and finally have sex in my room. We've done it in motels and even at his place but I've always dreamed of doing him at home. On a regular day, my parents wouldn't even allow me to bring friends in my room—even when they were around. We were watching a movie on his laptop so we turned off the lights to add a cinematic effect. He started feeling up my thighs and butt, and then kissed me softly on the neck. I asked, "But what about the movie?" He didn't wait for my answer and started taking off my tank top and bra. I was hesitant at first because my sister could walk-in on us but I couldn't take it anymore. My juices dripped down my thighs as he licked the sides of my breasts. I felt really embarrassed because he could probably see the wet patch on my boxer shorts growing as his tongue made its way to my nipples. He slowly removed my boxer shorts and panties to finger me. He smiled as he saw my panties peel off my pussy–sticky from all the moisture. My whole body shook as he put his fingers inside of me, and when he pulled his fingers out, strings of cum trailed from my pussy–he whispered, "Good girl."
GooodGirl, via Bullboard

TURN ON AND OFF

I met this French guy at a college party. We hit it off so we decided to take our conversation back to his condo. I was excited since it was my first time with a French man. We got comfortable on his bed and started kissing. I was starting to pull his pants off when he said, "I have an idea." He turned off the lights. I could barely see anything so I got pretty nervous when I felt something caressing my thighs. I felt his weight on top of me—the bulge in his pants humping my naked ass. "F*ck me, please," I whispered, and heard him unbuckle his belt and unzip his pants. He whispered, "Close your eyes and don't open them until I tell you." He instructed me to close my eyes and open my mouth wider. I did what he asked, and felt his long, hard cock down my throat. "Do you like how it tastes?" I realized he put on a strawberry-flavored condom. He jammed it in deeper and I enjoyed every bit of it. He finally pulled his dick out of my mouth. I composed myself and ordered, "Now, my pussy." And with that, he started sliding his cock into my slippery vagina. I let out a soft moan. He heard it and said, "That won't do. I need you to be louder." He started pounding me with the entire weight of his body. It felt like him drilling deeper into me. I screamed. He paused to lick the juices off my pussy every now and then. After a while, he said he was going to come soon. "Where do you want it?" he asked me. I couldn't think straight because his thrusts were growing heavier and faster so I just replied, "I don't know! I'm sorry!" "It's okay, just close your eyes." I felt him pull out and open the lights. I heard him pull off the condom. I could feel his dick hovering in front of my face making squishy sounds as he jerked off. He let out a loud grunt and ordered, "Open your eyes!" I saw his dick for the first time as a string of his cum landed on my forehead and drizzled down to my chin. He painted my face white. "I love coming on beautiful Filipina faces." He said. I licked the semen off of his throbbing cock and that's when I noticed something rubbery on its tip. There was foreskin on it! I immediately sat up and wiped my face. I got dressed, excused myself, and went off, leaving him with a confused look on his face.
MissCognitiveReasoning, via Facebook

MEANWHILE, IN LADY PARTS I.Q.

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WITH MY BROS

THAT'S SAD

SERIOUSLY?! YOU LIKE DICK JOKES?

GIVE ME FEELS

ABS PLEASE

MAN BUNS OR MAN TEARS?

WITH MY GIRL

WELL... YEAH

TOM

BANANAS WILL DO

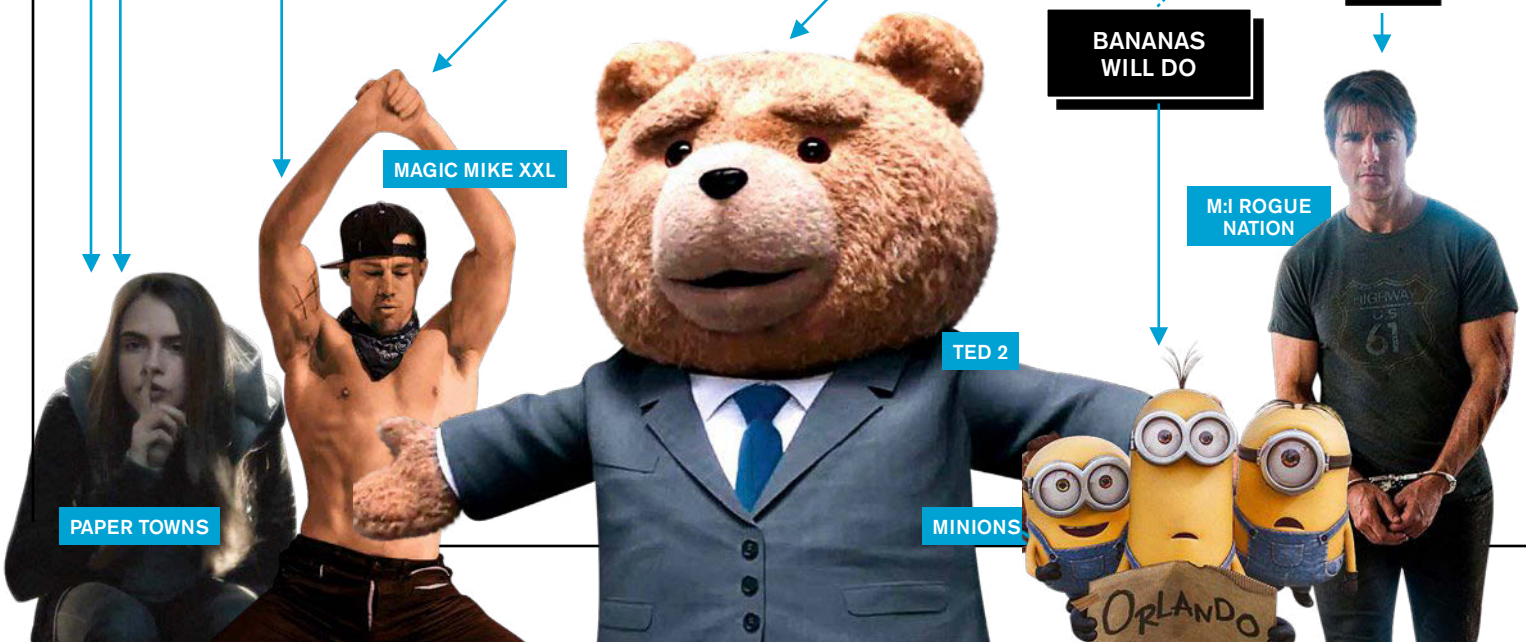
MAGIC MIKE XXL

M:I ROGUE NATION

TED 2

PAPER TOWNS

MINIONS



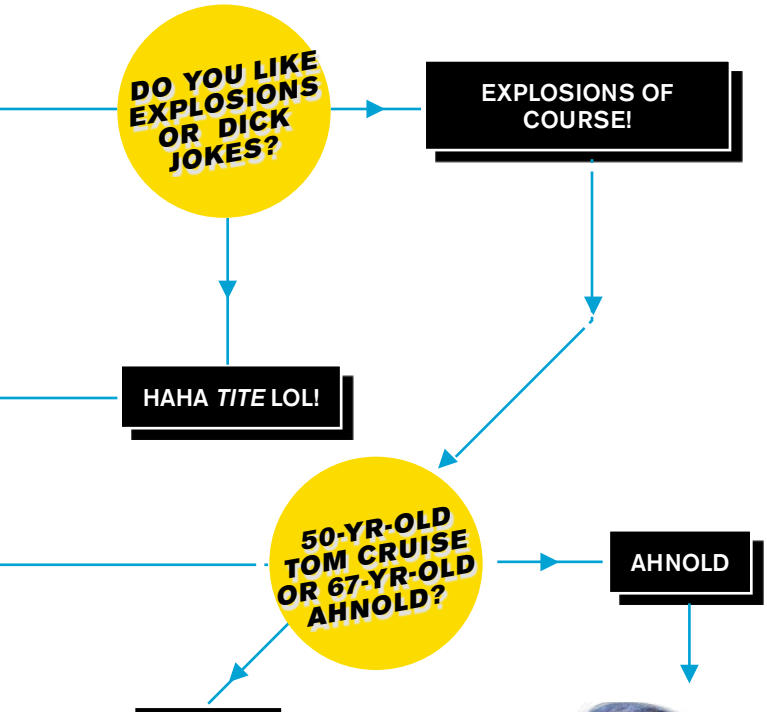
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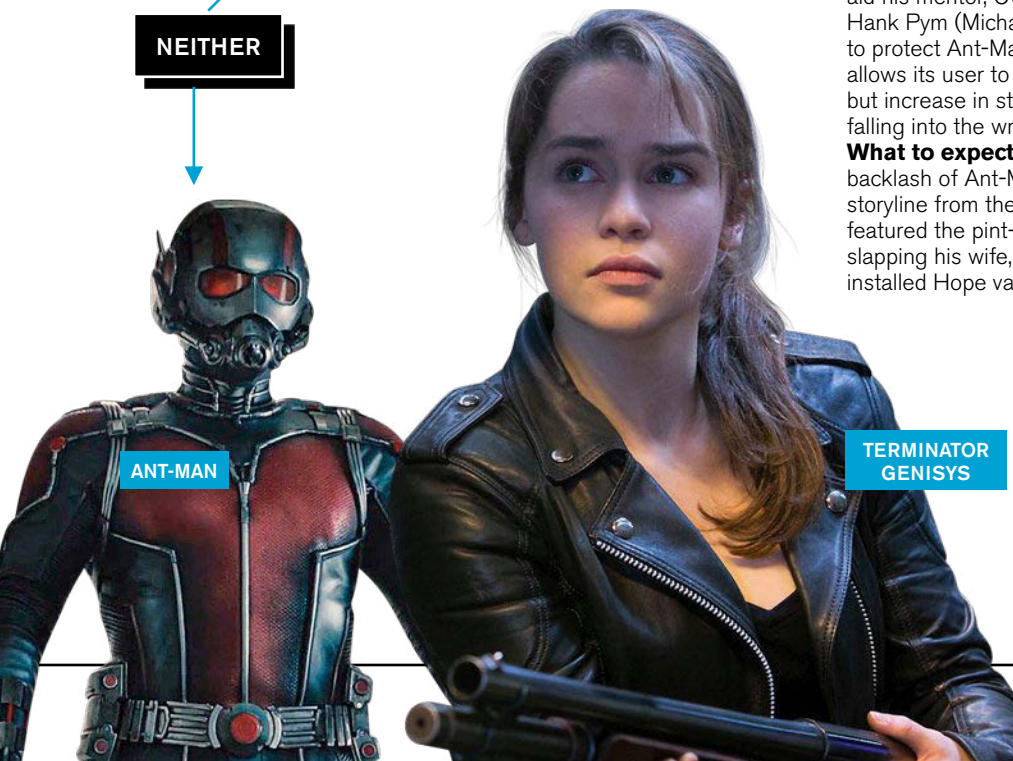
FILM

THE REEL ROUNDUP

IT'S BIG SUMMER MOVIE SEASON ABROAD, SO HERE ARE SEVEN REASONS TO FIGHT THROUGH THE RAIN THIS MONTH

WORDS: CHIARA CUI





01 Minions

After losing their master, Kevin the Minion, desperate to give his people a purpose again and pull them out of their depression, seeks out a new evil boss to serve. Their search leads them to the world's first super-villainess, Scarlet Overkill (Sandra Bullock).
What to expect: If you're a fan of the *Despicable Me* movies, more hilarious Minion action.
If you're a fan of: Unintelligible sounds, fart noises, gibberish

02 Terminator Genisys

The year is 2029 and John Connor (Jason Clarke), all-around badass and savior of mankind, finds out that Skynet is planning to attack him from two fronts: the past and the future, which will change warfare forever. Connor sends his right-hand man, Kyle Reese (Jai Courtney), back in time to protect his mother and ensure his own existence. Unbeknownst to him, a rift in time occurs and the past is changed. In this timeline, Sarah (Emilia Clarke), John's mother, has been raised by a T-800 (Arnie's back!) who trains her and acts as her guardian.
What to expect: Khaleesi kicking some robotic ass while cramming in a whole bunch of one-liners from the original movies. Yes, spoiler alert, Arnold will say those three words.
If you're a fan of: Reboots in general

03 Ant-Man

In the 12th installment of the Marvel Cinematic Universe, Scott Lang (Paul Rudd) must aid his mentor, OG Ant-Man, Dr. Hank Pym (Michael Douglas), to protect Ant-Man tech (which allows its user to shrink in size but increase in strength)—from falling into the wrong hands.
What to expect: To combat the backlash of Ant-Man's original storyline from the comics that featured the pint-sized superhero slapping his wife, Janet, MCU installed Hope van Dyne Evangeline Lily as Scott's fighting mentor who, on occasion, kicks his ass, too.
If you're a fan of: Any superhero film

04 M:I Rogue Nation

A mysterious organization of rogue operatives and assassins called the Syndicate threatens to destroy the IMF agency. Ethan Hunt (Tom Cruise) must reassemble his team for what might end up being their last mission to expose the organization and bring the Syndicate down.
What to expect: Tom Cruise doing his Tom Cruise thing: running around at full tilt.
If you're a fan of: The Scientology-exposing documentary *Going Clear*

05 Ted 2

Ted and his now wife Tami-Lynn want to have kids. Thanks to his best friend John (Mark Wahlberg), who offers up his sperm for artificial insemination, they can. The problem is, in order for the couple to keep the child Ted must prove in a court of law that he is human.
What to expect: A lot of rehashed *Family Guy* jokes, some casual misogyny, and dick jokes a'plenty.
If you're a fan of: Low-brow humor, Mark Wahlberg

06 Magic Mike XXL

After three years of being away from the stripping world, Mike (Channing Tatum) reunites with the Kings of Tampa for a final performance in Myrtle Beach.
What to expect: Half-naked hard-bodied men, screaming women, a chance to re-examine your sexuality.
If you're a fan of: Gyrating men and non-traditional gender roles

07 Paper Towns

A coming-of-age story about a young boy named Quentin (Nat Wolf), and his manic-pixie-dream-girl neighbor Margo (Cara Delevinge), as they search for authenticity in a town that severely lacks it.
What to expect: Droves of John Green fangirls squee-ing at every memorable quote uttered and every romantic side glance from the main characters.
If you're a fan of: *The Fault in Our Stars*

08

BABE

PAINTING THE OCTAGON RED

NEWLY MINTED UFC RING GIRL RED DELA CRUZ REUNITES WITH FHM AND TELLS US ALL ABOUT HER NEW AND EXCITING GIG



It's quite scary to imagine that if *FHM* homegrown-and-now-UFC Asia Octagon Girl Red Dela Cruz should decide to enter politics next year, there's a good chance that she might really nab a seat. There's just no way that this *morena* can lose when it comes to a popularity contest. She has a whole "Red Army" that'll devotedly give their time (and load?) to guarantee her success in any competition she dabbles into. We've seen it before when she got named as one of the winners of the Premiere Vixens search back in 2012. This year, she once again mobilized her troops to vote her to victory as the first-ever Filipina UFC Octagon Girl and shared ring-girl duties with ring goddess Arianny Celeste during UFC Fight Night Manila last May.

After all the action has finished, we quickly pulled Red to the side and asked her if she's still game for a quick one-on-one— in her sexy ring girl uniform, of course!

SIZE DOESN'T MATTER



Reigning UFC Flyweight Champion Demetrious Johnson drops by Manila!

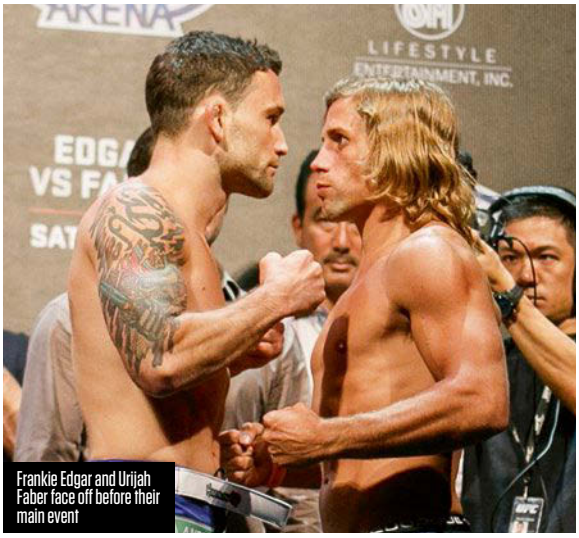
THIS CAGEFIGHTER PROVES THAT RULING THE BIG LEAGUES ISN'T JUST A LARGE MAN'S GAME

There are a few times in which you can't deny that size does matter. But other times, in the famous words of Austin Powers' father, "It's not the size that matters, but how you use it."
If there's anyone who can attest to the effectiveness of performance versus size, then it's Demetrious "Mighty Mouse" Johnson—that is, when it comes to fighting. The five-foot-three American is the king of the UFC's 125lb. division, and he lords over his opponents using sheer skill, speed, and smarts. He's so dominant that he has defended his flyweight title six consecutive times and has never lost a bout in his division.

Last May, the 28-year-old champ paid a visit to the Philippines to promote UFC Fight Night 66 (which you may have heard of as UFC Manila), the promotion's first event in the country. His first stop was at Watch Republic at the SM Mall of Asia, where he gamely took questions.

During his Q&A, "DJ" expressed his appreciation for the warm welcome he's received from the Filipino fans. "In the US, they seem to be more interested in the heavier weight divisions. The most love I've ever received is from the Filipino fans. I think it's because they appreciate skill over size, thanks to [homegrown fighters like] Manny Pacquiao."

The event at Watch Republic also marked the first public appearance of Red de la Cruz as the newly crowned Octagon Girl Search winner. "This is the highlight of my career," she says of becoming a UFC Octagon Girl. "I feel privileged, honored, and proud to be the first UFC Octagon Girl Search winner in Asia and to be the first Filipina Octagon Girl."



Frankie Edgar and Urijah Faber face off before their main event



FHM mainstay Red de la Cruz is the UFC's first Filipina Octagon Girl



Mighty Mouse dishes out his predictions for his next fight

After the meet-and-greet at Watch Republic, Johnson headed over to the MOA Arena to interact with even more MMA fanatics and tag team with UFC women's bantamweight contender Miesha Tate for another Q&A with fans. Besides incessantly confessing their love and admiration for the lovely Ms. Tate, the fans were also eager to find out what was next for Johnson.

"I think me and John Dodson will be next, and I'm definitely open to a rematch," said the champion. He and Fil-Am Dodson fought at UFC on FOX 6 in January 2013. Dodson knocked the champ down a few times with his heavy punches, but Mighty Mouse used his wrestling and knee strikes to gut out a decision victory.

Johnson and Tate's Q&A was followed by the official weigh-ins for UFC Manila, which was headlined by top-ranked fighters Frankie Edgar and Urijah Faber. All fighters, including fan-favorite Mark "The Filipino Wrecking Machine" Muñoz, made weight for the big night.

Now ranked as the No. 3 fighter on the planet, pound-for-pound, Johnson is the man to beat at 125lbs. But given his sheer speed and talent, that'll definitely be easier said than done.

FROM FIST TO WRIST

In celebration of UFC's first event in the Philippines, Police Timepieces has released a special collection of watches that are as handsome as they are tough. Visit Watch Republic for a closer look at the Police Watch UFC Fight Night collection.



ARMOR



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Visit Watch Republic shops for a closer look!

Congratulations on the win! How do you feel that you're now the first-ever Filipina Octagon girl?
It feels great! I really feel honored and privileged to be chosen as the first-ever UFC Octagon girl from Asia.
You should definitely thank all the people who voted for you.
To all my "Red Army," thank you for supporting me. I really appreciate all your help and support. I love you all!
How did you learn about the contest?
My trainer told me there was an on-going audition for a ring girl for the UFC Fight Night. I looked it up on the Internet and quickly submitted my portfolio online. Thankfully, I won!
We're pretty sure that the days and hours that passed after hitting that submit button were nerve-racking.
Yes! After submitting my portfolio online, I had my fingers crossed hoping that I'd be shortlisted. Luckily, I was, and they invited me for an interview and audition. After the screening, they selected the Top Five and opened the voting to the public. Next thing I knew, I had gotten the job!
Now that you're officially a UFC Octagon Girl, does that mean you're only allowed to wear your ring girl uniform? We're not saying it's not sexy, but we're used to seeing you in, uhm, even lesser clothing.
Well, maybe I can still pose for you guys just like before!
Are you a big fan of UFC?
Yes. I'm a very big fan of UFC.
What do you like most about UFC?
UFC is the fastest-growing sports organization in the world. And what I like about it the most is that the fighters stay professional until the end of the show.
Who are the MMA fighters you look up the most?
Of course, *yung* Filipino fighters *natin*, especially Mark Muñoz. I'm also a big fan of Ronda Rousey. I like how she presents herself; she's such a strong woman.
Obviously, you're smokin' fit. Can you share some advice to our girlfriends so they can be as sexy as you?
You have to follow a strict diet. I always go to the gym and maintain a healthy lifestyle.
So what have you done different particularly for this event?
I had personality coaching before the audition. I also visited the gym more often, almost four times a week.
Such dedication. If we're going to put you inside the Octagon, not as a ring girl but as a fighter, how long do you think would you last?
Oh my god! Maybe a second, ha ha!
Could you beat a man? Would you arm-bar the guy a la Rousey?
Maybe? I don't know, ha ha! A one-punch knockout maybe?
Do you find guys who know MMA hot? Does it give them more pogi points?
Yes! It also makes me feel secure knowing that he can protect me, ha ha! **FHM**



PHOTOGRAPHY:
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OF MIDNIGHT BONKERS

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RON JAY EDUVAS

STYLING:
BELA VITUG

MAKEUP:
AMANDA PADILLA

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What is there to watch?	Hollywood flicks, and Asian shows. A *F.R.I.E.N.D.S.* re-run? Koreanovelas? Sold!	International and local TV shows and movies. Yes, even your guilty pleasure *teleseryes*.	Aside from Hollywood and local shows, you can also live stream TV channels for free and watch sporting events on a PPV basis.	Warner Bros. and Sony Pictures flicks. No local content yet.	**Some international channels are exclusive to some cable TV providers. The choice is in your hands.**	**Two things: news and *teleserye*.**
How many devices can I play shows on?	Just register online and access your account from up to five mobile devices simultaneously.	One at a time, but you can also access your account from different mobile devices.	You can register up to three devices in your Blink account, but streaming can be done on one device at a time.	Up to three devices, including your desktop computer.	**Cable boxes and satellite dishes can service up to three television screens—each with its separate box.**	**As many TV sets (and antennas) you have at home.**
How many channels/ shows can I choose from?	Choose from over 10,000 hours worth of Western, Asian, and local content.	Over 10,000 movies and TV series available for download and streaming.	They have movies, TV shows, and stream channels like BTV and ETC.	They carry less than a thousand movies in their library, but most are more recent titles. Not bad!	**Over 100 channels with HD.**	**Top local channels that are free-to-air, depending on your location and frequency.**
How much would this cost?	P129 a month or P1,300 a year, minus the annoying TV commercials. Payments are accepted via credit and debit card, and online banking.	Plans start at P199 a month, depending on your mobile device's memory capacity. All purchases are charged to your postpaid or prepaid Globe accounts.	P250 for unlimited viewing of TV shows and selected movies. Movie rentals cost P60 or P99, depending on the title. Pay thru your postpaid or prepaid Smart or Sun accounts.	Movies can be rented for streaming for as low as P60. Not bad at all! All payments can be made via credit and debit cards, and online banking.	**Choose bundles from P300 to P2,000 a month, with customization of channels you want to subscribe to.**	**It may not be your best option, but hey, it's free!**
Can I save videos?	Not really, but you can just load it online and you're good to play it on the app even while offline.	Sure, you can. Just make sure your mobile device has enough space to download and store for offline viewing.	Nope, but rented videos are available in your account for seven days, just make sure you're hooked-up to the Net.	No, and rentals expire exactly 48 hours after purchase.	**No, but you can check your cable and satellite TV for replay schedules—unless you still record on tape.**	**You can shoot bootlegs with your smartphone.**

09

INTERNET x TV

WARM UP THE COUCH

YOU CAN STOP STEALING ALL THE BANDWITH WHILE ILLEGALLY DOWNLOADING SHOWS. HERE ARE, THE MANY WAYS YOU CAN BINGE-WATCH FLICKS AND TELESERYES

WORDS: PONG CASTILLO


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10

BOOKS

THE THREE KUMAG COMMANDMENTS

***THINGS YOU SHOULD REMEMBER WHILE READING ALLAN DERAIN'S PALANCA AWARD-WINNING NOVEL*, ANG BANAL NA AKLAT NG MGA KUMAG**

But first, what exactly is a *kumag*? From the novel's definitions, it might be something of minimal to no worth, a really small insect and/or a person who's *pasaway* or simply *walang kwenta*. So why should we read a novel that is for these type of people/things?

IT'S NOT YOUR TYPICAL NOVEL

It's not what you would call traditional writing, but Derain, AdMU professor and multi-award winning writer, does take multiple elements from epics and folk tales. You can probably categorize *Ang Banal na Aklat ng mga Kumag* in hundreds of different ways: from metafiction (a story within a story) to maybe something along the lines of an alternate-epic-narrative (retelling of an epic in different contexts or through different perspectives).

ENJOY THE ILLUSTRATIONS AS WELL

If you're not a fan of books without pictures, then don't fret because *Ang Banal na Aklat ng mga Kumag* is filled with countless fanciful creatures, from badass battles between giant monsters and island-eating snakes, to naughty god-children peeing in magical soup.

EXPECT THE UNEXPECTED

The novel plays with your knowledge about the references it mentions. It gives you this false sense of security, like "Ah, *gets ko 'to!*" then the text suddenly disturbs you with its humor and the author's creative retelling of the stories—such as pitting one perspective against another in the classic folktale *Ang Pagong at Ang Matsing*.



WORDS: CHISE ALCANTARA; PHOTOGRAPHY: MARK JESALVA

11

MUSIC

IN TRUE VINTAGE FASHION

JAM 88.3 RADIO SHOW 'FRESH FILTER' CURATES TODAY'S FRESHEST INDIE TALENTS. HEAR THE BEST OF THEM IN THIS VINYL COLLECTION



Years ago, young bands lined up at NU107's doorsteps to get featured in the rock station's "In The Raw" segment. Now, they're trooping over to Jam 88.3, which broadcasts "Fresh Filter" on weekdays. Hosted by DJ Russ Davis, the show features the best local indie music produced by the #KidsOfToday—proud of providing a voice for talented, independent musicians that you probably won't hear in hole-in-the-wall pubs. Now you can experience the same at home as the show releases Fresh Filter Volume 1 in a format that's sure to give the vintage demon in you a hard on: good ol' *plaka*.

Included are singles from indie-ingénues A Problem Like Maria, Autotelic, BP Valenzuela, Bullet Dumas, Cheats, Flying Ipis, Library Kids, Moonwalk, Ourselves the Elves, Tandems '91, The Ransom Collective, and Yolanda Moon. From synth-heavy hits to all-organic tunes, the record represents non-mainstream Filipino music. Props to this compilation's sense of irony (fresh tunes on an obsolete format) and for its ability to harken back to a time when good music deserved to occupy significant physical space as opposed to the omnipresence and convenience of digital media.

The record is a snapshot of the Filipino indie-zeitgeist breathing underneath music on Sunday variety shows.

WORDS: GELO GONZALES



FREEDOM TO MOVE!

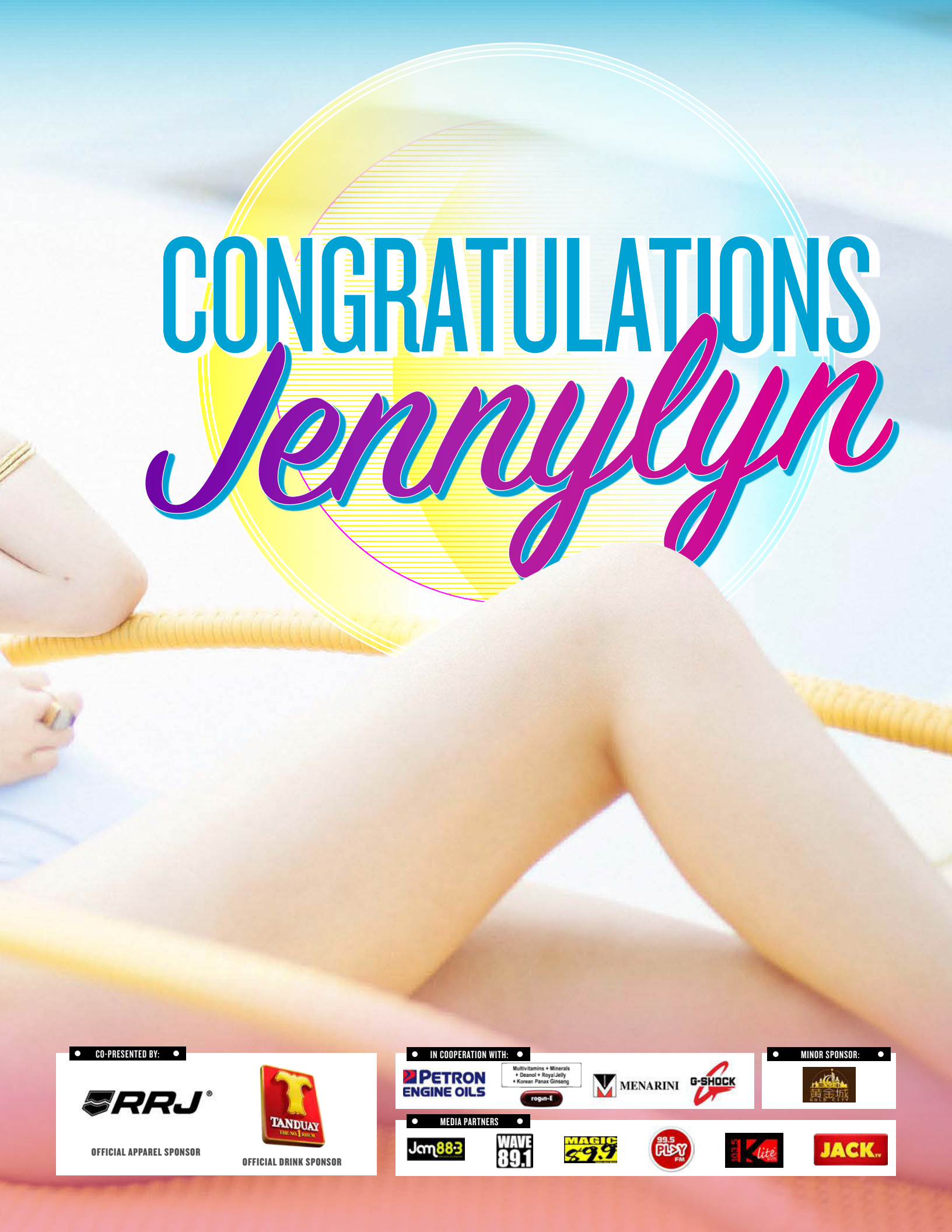


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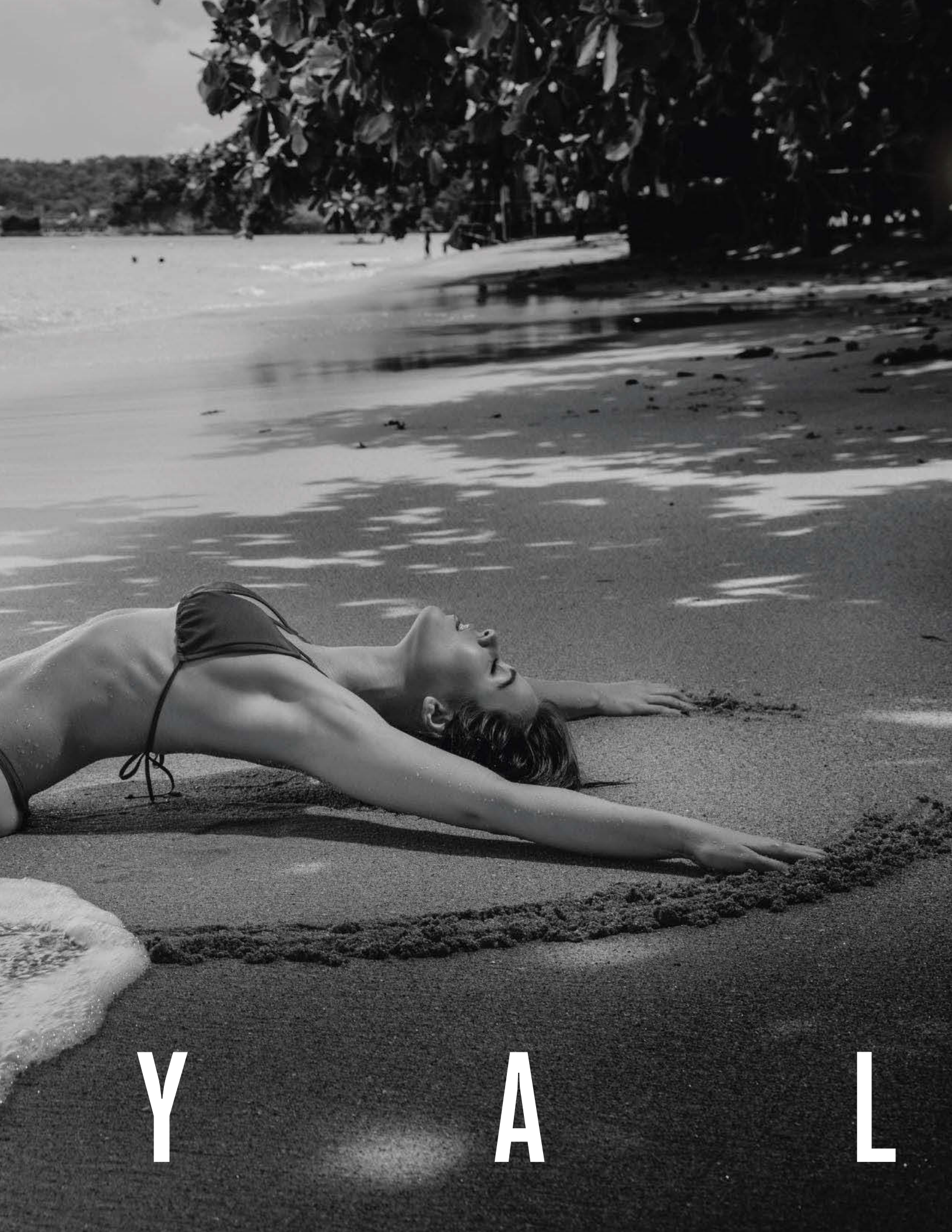
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PHOTOGRAPHY XANDER ANGELES OF EDGE OF LIGHT
INTERVIEW ALLAN P. HERNANDEZ

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VALEEN

Let's talk about pedigree. One of the few things you can't fake. You can fake status. Choosing carefully the people you're with determines your status. If they're rich enough, and if you take selfies with them often enough, and they end up liked on social media well enough, then you usurp their status, whether your rich friends take you seriously or not.

You can fake class. Kitting yourself out in designer stuff will give you class, simply because that's what those things are supposed to do. You could have the most shameless knockoffs but, like lies, if you believe that they're the real thing long enough, then they become real.

But you can't fake pedigree. Unless you lie about family (the wickedest social climbers are known to do this), you can't fake it because you're born into it.

That is why Valeen Montenegro can have all the selfies she wants with Empoy, but she can't fake her pedigree.

Valeen belongs to showbiz royalty. Her 'grandpa' and 'grandma'—that's how she calls them—on her mother side are Mario Montenegro and Letty Alonzo, two of the shining movie stars of the 1950s. Grandpa was a WWII hero before that, and grandma belonged to an illustrious landed clan in Pampanga. Her *tita* from her father side is Baby Barredo, who founded Repertory Philippines. One of her grandma's cousins was married to icon of manhood Steve McQueen. Enrique Iglesias's grandma and her grandma are cousins—which makes her and the singer third-degree cousins.

Valeen's mom used to do commercials with her grandpa. Her dad, Iñaki Vicente, was a former Philippine team football star, so are his brothers and their dad. They all played for La Salle. (And an important aside: Iñaki is a name people don't just use, unless they are of real pedigree. Otherwise it's a joke).

And the other thing very charming about people with pedigree: they just breeze through it with the least effort. Valeen, at various times in our conversation, came out with quips that sounded like what the *jologs* set would normally employ, and then would transition to very *coño* sentiments that didn't sound annoying. Nothing difficult. Nothing put on.

Even when the first thing we saw of her in the morning was an *amoy-pawis* jogger—she looked like she smelled of patchouli. Pedigree.



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VALEEN



So first thing we saw you doing this morning [prior to the shoot in Subic] was running. How early did you start?
(Asking her handler) *Anong oras tayo nagising*? 5:30? *Mga* 1 a.m., ha ha! [shoot was Saturday, June 20, call time 6 a.m. We billeted her at the hotel the night before]. *Nung nagising ako akala ko* game *na*! *Sabi ko,* "1 *pa lang, at matutulog pa ako ulit," pero ayun di na ako masyadong nakatulog*.
Do you run early every day or only because we were having a shoot?
There isn't really a fixed time of the day that I run, although it's best to run early in the morning, because I love eating—that way I get my metabolism started early.
So you're into the healthy lifestyle, the gym, and the running?
Yes, plus I really wanted to prepare for this shoot.
So what is your level of food consumption? Insane?
As in, *parang* if you put me in a buffet I can eat for three or four people.
Are you serious?
Oo, nasasabayan ko yung guys! *Wala rin akong pinipili*—I eat meat, vegetables, everything. *Tingnan mo naman yung tocino* [points to a plate on her bed] *na kinain ko kanina*....
What do you like to indulge in?
Ang pinaka-junk food ko when I eat is pizza and pasta. So more on carbs, not really the real junk, like Chips. It's like when I want to snack, I eat real food.
***Pero ang galing mong mag-burn ng pagkain, hindi halata*...so this is how your body really is? You weren't fat when you were a teenager and only worked your weight down?**
This has been my leanest in a long time. But I was never super *payat*, I always have some baby fats left here and there, so I still have a lot to lose.
Is Valeen really your name? It sounds like a combination of two names—the way some Pinoy parents name their kids.
It's really Valeen—Valeen Margarita—but I don't use the "Margarita," it's too girly, ha ha! They got Valeen from a character in *Knots Landing* [Valene Ewing], some TV series in the '80s. I haven't seen the show, though. Maybe I should Google it.
Here's a fearless prediction: With your debut cover appearance, this year might prove to be your biggest year and you'll end up in the top 10 on next year's list, if not the top contender for the Sexiest in the land. What do you say to that?
Well, that sounds like a lot of pressure—and it's awesome at the same time. I've been following your covers and they're all sexy, and not just the cover girls but the actresses *na kasabayan ko* in general—I'm proud that we are a generation who are sexy and healthy because we work out, so we don't try to get sexy by going on crash diets. I would be very proud of myself if I get that distinction next year.
We've been doing this for a while and we've seen our fair share of bombshells but today it's no longer about them but women who are fit. Maybe they're not that gifted in some places, but still...
May gusto ko bang sabihin?! Parang may gusto kang idagdag... [vaguely directing our attention to her chest].

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Keep the *dungis* away and stay fresh all day with this kit of the most necessary grooming items that you can't do without!

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Kojie San Body Wash keeps skin supple and healthy, while also fighting body odor.

3. A NO-NONSENSE FACIAL SCRUB
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4. A FRESH COLOGNE
Pick out a scent that smells fresh without trying too hard, but make sure you don't put on too much!

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A chemical agent formed by the *koji* fungi, used to lighten skin and treat skin illnesses. It's also used to keep fruit and seafood from discoloration.

GLYCOLIC ACID
An acid found in sugar-crops and used to reduce wrinkles, acne scarring, and pigmentation. It's also known to help with other skin conditions.

SHEA BUTTER
An extract of the nut of the African shea tree, used as a moisturizer or a salve. It dates as far back as Ancient Egypt as protection against the sun.

PEA EXTRACT
A botanical extract from the seeds of peas. It keeps enzymes from degrading collagen and elastin, ultimately keeping skin firm, stretchy, and supple.

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VALEEN



ASC REF. NO.: A123P0312158

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Model/Actor/Endorser

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P120

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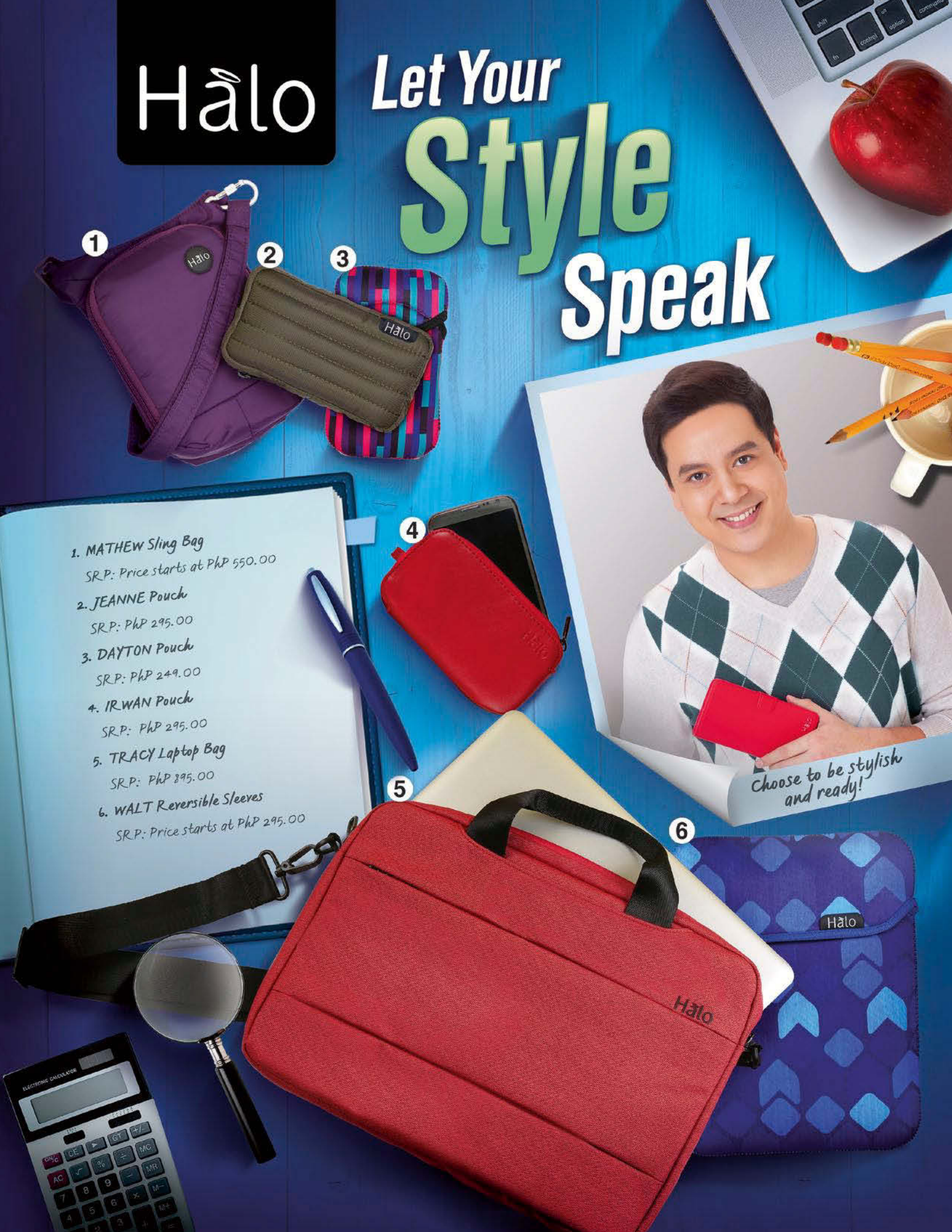
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"Smell good, feel good"


VALEEN

Hâlo

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Oh no, of course not! But if it came down to a sales pitch, what's your pitch to make you stand out from the bombshells?
I'm not a bombshell but I'm proud to be part of the new age!
But when you were starting out in show business, has anybody ever suggested that you get a—okay, let's say it—boob job?
Yes. *Pero yun kasi yung uso pa yung mga paggawa. Ang inisip ko noon parang, 'Bakit*? *Anong balak niyo*? Is it really going to benefit me?' I've sort of like thought of it, but as of now I don't think I'd do it.
As of now. Meaning, you could do it some other time.
I don't want to close any doors. It's like deciding to be on the cover of *FHM*. When I was asked before I never said never, I didn't close any doors.
What would probably make you do it?
Hmm, I don't know. I just said I don't want to close any doors *para lang hindi ako mapahiya* if I ended up doing it anyway. But I...boobs *ba yung sinasabi mo*?!
Ha ha! Yes. Boobs.
I'm just saying I don't want to close any doors, because I love how they look now.
Your entry into showbiz is kind of different because it was subtle. It's like you were just here. How long have you been around here anyway?
I started when I was about 14 or 15. I just turned 25. I began with commercials. My first commercial was for a soft drink. "This is the Royal show!" *Tapos nandun kami nakikiinom ng* Royal, ha ha! *Tapos ayun, masipag lang akong nag-vi-VTR*. Commercials were all I wanted to do before, plus I also didn't see myself not finishing school.
But you had planned of eventually doing TV or the movies.
At first, I didn't think I was going to last this long. Like you said it was all very subtle, but I was always blessed to have work. I wasn't *tengga. Lagi nila ako naiisip* for roles and such.
Of course, you belong to a family of actors. Your *lolo* and *lola* were Mario Montenegro and Letty Alonzo, both LVN stars. Who else is in show business?
My mom [Honeylet] got into commercials before. I remember my mom showing her Kodak commercial with my *lolo, yung*...(sings) "Good morning yesterday" [this is the classic Kodak moments commercial in the '70s with Paul Anka's "Times of Your Life" as the soundtrack. It's all on Google for you kids to geek out on]. Then the sister of my *lola*, father side, I call her *Tita* Baby, is the founder of Repertory Philippines [Baby Barredo].
You didn't join Repertory?
Nag-Rep ako but I only did costumes backstage. I did try to join in rehearsals but my god, the feeling that I was going to be standing on stage so close to people was overwhelming.
You have fine pedigree. And yet show business is really *masa* entertainment. How do you reconcile your *sosyal* background with the very crazy scene you're in.
I don't set *naman* too high standards for myself. I'm laidback and *kahit san mo ako ilagay*, I won't be *maarte* about it. I think it's my personality to be adaptable.




Let her whip you up some sweet treats
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ZACT
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STAIN FIGHTING TOOTHPASTE
CIGARETTE STAINS
LION
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Visit FHM.com.ph to spend a day with Ellen Adarna
Helps remove coffee, wine, and cigarette stains





But did you initially come across as *coño*?
Well, it's because I'm from the south, ha ha! *Binibiro lang ako lagi ng* friends *ko na* south kid *daw ako. Di ko nga alam* why they see the kids from the south as *coño*, but I can somehow see the difference. But *di naman* OA.
We remember, in our first meeting you said you wanted to change your look for this shoot because you were done with the androgynous look. Which got us thinking about sexual orientations. Are you straight? Bi? Do you have sexual fantasies involving women?
No, I don't have fantasies involving other women but I respect the LGBT. I love you guys! [She means the make-up artist working on her look while the interview was being done, not you. Unless, of course...which is fine]. *Kasi sobrang dami kong* friends *na* gays and lesbians, so *sobra ko silang* gets, *yung mga pinagdadaanan nila.* My androgyny is just that I'm not really the *maarte* type *kaya siguro nalinya ako sa ganun*, plus then I really had short hair and all that. I was on the sportier side.
But your preference is...
A guy.
With girls, it's quite alright to like other girls. But with guys, not so. *Away yun.* Why do you think this is?
Di ko nga rin alam kung bakit it's that way with girls. I ask my lesbian friends why they're so open about it. I guess it's a guy thing to judge your ego and pride, like if you're soft or something. But you have to respect them more *pa nga* if they're confident with their preferences *eh*.
What if a girl comes up to you and makes sexual advances? We're not sure if girls who like girls actually do such things, but let's just say...how would you deal with it?
Friend *ko ba*?
***Sige*, let's say you're friends.**
Pero alam ko nang lesbian *siya*?
Okay, yes.
Uhm, *di ko pa kasi talaga na-ta-try eh*...hmm...I don't know! *Medyo* chicken *ako sa ganyan*. I'm, like, all bark and no bite.
Let's say *matagal na kayong* friends, and then suddenly she tells you she's lesbian and she has a thing for you.
Feeling *ko ang dami ko munang* questions for her. And then *masisira na yung* moment *kasi ang dami ko ng mga tanong*. Feeling *ko ganun ang mangyayari. 'Kwento mo*...so what do you like about me?' Ha ha! *Naging* about me!
Have you seen guys who seem to be straight, holding hands? We know we have, and it was weird...
Mukhang straight? *Hindi umaandar yung gaydar mo. Magka-holding hands na nga di pa rin umaandar*!
Maybe it's just plain weird.
Magugulat ako. Pero I'll find it really adorable.
Adorable?
Yes.
So, if a guy knew that you'd find him adorable if he held hands with a guy, and he sees you in, say, a mall, he can say to his friend, "Dude, holding hands *tayo, ayan na si* Valeen! *Basta*!" Because he'd know you find him adorable and he might score.
Hindi na! Alam ko nang he's gay *eh*. And he better know that I'll think he's gay! *Alam ko nang hindi ako yung* type *mo* so *na-friend zone ka na*!



JULY 2015

UPPER GOUND FLOOR,
BUILDING B, SM MEGAMALL

NEW ERA

VALEEN

How active are you on social media?
I post whatever I find interesting. Plus I posted my preparations for this shoot—it was a seven-day challenge, because you only gave me a week to prepare for this shoot.

Have you tried reviewing the photos you've posted on social media and have you seen a pattern? Like some of us in the *FHM* coop have taken it easy on social media because almost all the pictures had them holding a beer and it didn't seem right.
Normally *na-po-post ko* are shameless selfies, workouts, and tapings. *Yun*, that's practically my life, ha ha!

We're sure you'd say no, but do you think we've reached the annoying stage of selfies?
I'm not against people who take a lot of selfies. *Kung gusto nila yun, wag tayong makialam*. If they find themselves pretty or *gwapo tapos gusto nila i-share, pabayaan mo sila*, it's their account. Kung *ayaw mo* then *i-block* or *i-unfollow mo na lang*.

So you don't think it's too much self-love.
No. *Kasi* freedom *mo naman* to post *yun*.

The thing though about social media is that people can be very mean. How do you handle meanness?
Thank God, *wala pa sa akin* yung *malala talaga*. But I have friends who've experienced that. *Ayokong na-bu-bully ang* friends *ko. Minsan ang sarap nilang patulan pero* you can't do anything about it because they get pleasure from bashing other people. We just have to let them be.

Are you ready for any no-holds-barred comments about your *FHM* cover?
Bring it. Bring it on! Whatever they say, good or bad, as long as they're honest. But *kung* feel *ko maganda ko sa* cover, sorry *na lang sila—mag-selfie pa ako*, ha ha!

That's the attitude we like. Moving on to fun things. Let's do a couple of top three lists. Top three things you want to eat right now.
Brick oven pizza with tomatoes and mozzarella, or pepperoni. *Ano pang gusto kong kainin*? I want...I want... *ginugutom mo ako, di naman tama yan*! And pasta and...*pwede bang* drink? Coffee-based *na* drink *na* iced. Normally, *hindi ako nag-te-take ng* iced, but I want one now.

Three things you'd like to tick off your bucket list right now.
There's a lot. Top of mind? *Ang dami ko pa kasing di nagagawa* so *marami-rami yan*. But most of the things on my list are places I want go to, like Italy, Europe, all the seven continents, ha ha! Plus I go backpacking. *Gusto ko* dangerous, ha ha.

Three things you take off before you sleep.
In order? Ha ha! Makeup. *Pustiso... may pustiso pala*! Actually take off and put on *siya eh*—bra, then I put on a big T-shirt. *Tapos* shorts. *Pero* T-shirt and undies *lang pag natutulog*. *Yan ang* uniform *namin sa* house *eh*—me, my mom, and my sister.

Three bad thoughts you had just now.
You know what's funny? *Habang tumatakbo ako* kanina I said to myself, "I'm not going to think of any negative thoughts today." *Yun talaga*, promise. If ever *na may maisip ako* I would change it right away, or I have to do justice *kung bakit ko naisip yon*.

So you're saying you're a clean slate today.
Oo, today *lang*. *Kasi ngayon lang ako nag-start*, ha ha! Mostly fashion *ng iba ang* bad thought *ko*, ha ha! Hair *ni ganito, ganyan...hindi*, I just critique because I've seen them look much better. Constructive criticism for others so *hindi* siya *talaga* bad *na* bad thoughts. *Yon*!

Finally, what are your expectations going into this whole ordeal—ordeal *talaga eh, ano*?!—sorry, the whole experience?
I'm very excited, that's why I woke up at 1 a.m. Let's say I've been a fan of the magazine, I know all your covers so I know what it means to do a cover for you guys. Plus, this couldn't have been a better time to do this. *Kasi* if you feel sexy and you know you worked your ass off, why don't you be proud of it? **FHM**




VALEEN





SEX, BEDSHEETS, AND BEERS:

ARE YOU NORMAL?

WE PRY INTO THE LIVES OF HUNDREDS OF OUR BROS TO KNOW THE WEIRD STUFF THEY DO ROUTINELY. WHAT, YOU DON'T CHANGE BOXERS FOR A WEEK? YOU'RE NOT ALONE!

WORDS
MATT BLAKE, PONG CASTILLO

PHOTOGRAPHY
EJAY LEUNG OF MIDNIGHT BONKERS

MODEL
GREY GOMEZ

STYLING
DEBRA BERNALES

MAKEUP
JANINA DIZON

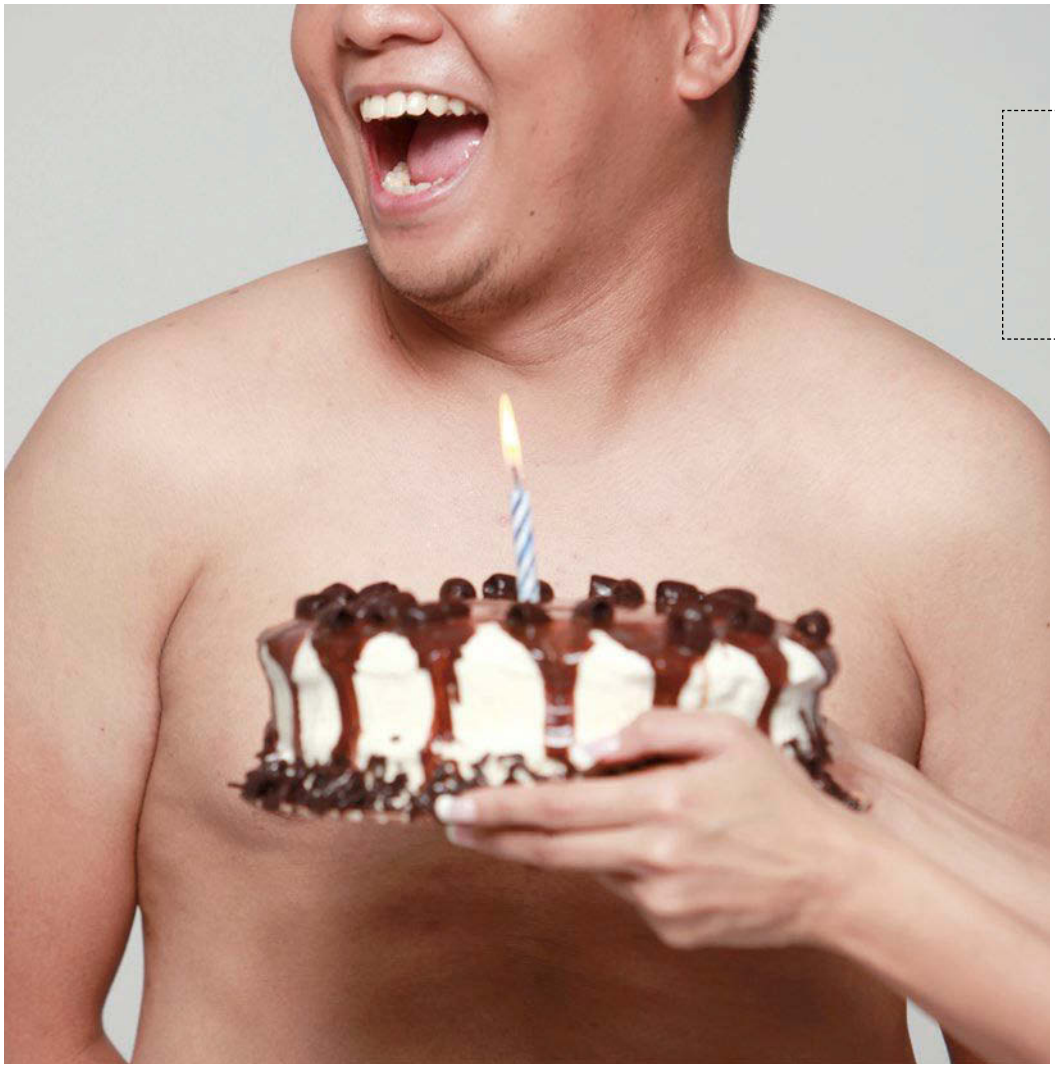
HAIR
DONALD LAPEZ

You probably had a moment just like it: The realization—usually pointed out by someone else—that something about you wasn't normal. Maybe it was the number of showers you took a day; or the way you ate. Perhaps you didn't care about the same things as everyone else, or liked something odd so much that everyone began questioning your choices in life. Whatever it was, it made you feel different.

Hopefully, you'd have realized by now that there's nothing wrong with being different. In fact, here at *FHM*, we celebrate individuality, weirdness, and the fact that no two Juans are ever the same.

Having said that, it's a basic human desire to want to know everyone else's business. How often do your friends change their underwear? Do you really pull up the toilet seat when you pee? Just how different are you compared with the man you're seated next to?

We asked 800 Pinoy men a whole load of palm-clammingly personal questions to deduce what counts as "normal."



40%

OF OUR RESPONDENTS LOST THEIR VIRGINITY BEFORE THEIR 18TH BIRTHDAY

• While that may be a shocking number to moms, majority of our respondents said that they popped the cherry at a time between college and their first job. The average age Filipinos first do it is after they turn 17, which is relatively earlier compared with other Asians, who average at 19.

WHEN DID YOUR FAVORITE CELEBS BECOME MEN?
P. Diddy **13**
Johnny Depp **13**
Ozzy Osbourne **14**
Dustin Hoffman **15**
Matthew McConaughey **15**
Tiger Woods **16**
Daniel Radcliffe **16**
Will Ferrell **21**
Chris Martin **22**
Gary Coleman **40**

50%+ MORE THAN HALF OF OUR RESPONDENTS SAY THAT IT'S EASIER BEING A MAN TODAY THAN IN OUR *LOLO'S* TIME.

WHY? BETTER STEPS PSYCHOLOGY INC. CO-FOUNDER KAY BUNAGAN SAYS THAT THE YOUNGER GENERATION LINK THE ADVANCEMENTS IN TECHNOLOGY TO CONVENIENCE. "LIFE SURE IS FASTER NOW, BUT THAT DOES NOT MEAN IT IS AS SIMPLE," SHE SAYS.

46%

OF OUR RESPONDENTS ARE EMPLOYED TO A JOB POST NOT DIRECTLY RELATED TO THEIR COLLEGE DEGREE

61%

OF THEM ARE HAPPY WITH THEIR NINE-TO-FIVE DUTY

9%

OF YOU ARE INTO FITNESS AND DAILY EXERCISE



'IT'S NOT MANLY FOR MEN TO TAKE SELFIES.'

JUST LAST YEAR, *TIME* MAGAZINE DUBBED MAKATI THE SELFIE CAPITAL OF THE WORLD, WITH 258 SELF-LOVIN' SHUTTERBUGS PER 100,000 PEOPLE. THAT'S ANOTHER RECORD WE HOLD WITH PRIDE. ALTHOUGH 76% OF OUR RESPONDENTS FIRMLY DENY THAT THEY TAKE SELFIES, 24% ADMIT TO POSTING IT ONLINE, AND ADD UP TO THE MILLION POSTS HASHTAGGED #SELFIE #WOKEUPLIKETHIS WORLDWIDE. #ANNOYING

40%

OF MEN DRINK MORE THAN 2 LITERS A WEEK

• Who doesn't like to blow the froth off a few pints of a weekend? KJ's, that's who. But here's a sobering fact: the average guy drinks 1,337 units of alcohol, or about 445 pints of beer a year. That's eight and a half pints a week, according to the World Health Organization.

3/4 +

OF YOU DO NOT DO REGULAR EXERCISE

#dadbod wins over #sunsoutgunsout
Those who are all-out into fitness and daily exercise, a flopping 9%.

UNBELIEVABLY HEALTHY! INCREDIBLY DELICIOUS!

Loaded with 2X MORE fiber plus fruit!

versus other supermarket wheat bread brands per 100g of bread

Indulge yourself in the healthy goodness of plump, succulent California raisins embedded on amazingly soft and moist wheat bread baked using the country's most modern manufacturing plant and world-class standards.

It's wheat bread as you've never imagined it to be!



ASC Reference No. G030P052915G

Craving for more? Try also Gardenia Wheat Cranberry Loaf!

KEEPIN' IT REAL: JUST HOW LONG DO YOU THINK IS YOUR ERECT PENIS?

If you have in your hands a fancy iPhone 6 Plus, then you can picture the length of 70% of our respondents' penis when erect. Yes, that's five to six inches of their excited *pototoy*. But if you didn't make the cut, *FHM* babe and model Grey Gomez reminds us that "although having a bigger package is an instant plus," it's the way you make use of your *pototoy's* length and girth to your advantage that counts. "Size won't matter much if you're low on performance," she says.



33%

OF OUR READERS WIPE THEIR MAN-MESS WITH TISSUE FROM A BOX THEY HAVE BESIDE THEIR BED AFTER MASTURBATING

Others have their handy towel ready or just wipe it off of their boxer shorts. You should be alone in your room anyway, so let's keep it our dirty, little secret, yes?

WHAT'S IT LIKE TO BE REALLY, REALLY, REALLY, REALLY WELL HUNG?

Jonah Falcon, 44, from New York, owns the world's largest penis. It is 9.5 inches (24cm) flaccid and 13.5 inches (34cm) when erect

• I first realized my penis was above average size when I measured myself at the age of 10. I was 8in hard and didn't think anything of it to be quite honest. My schoolmates were, of course, amazed the first time they saw it in the changing rooms.

Are there downsides to having a big penis? Well, sometimes it will dip into the toilet water, which can be problematic in certain cases.

Sex in general isn't really a problem, though oral sex can be challenging. I'm thicker than my wrist and some scrape teeth on it. I seldom get fully erect when someone is blowing me because of this. I'll get bigger if they're super enthusiastic.

I have had to reassure men about the size of their penises at times. But I am of the 'how you use it' camp, and I know how to use the sheer size to do certain things other guys may not be able to.

My own opinion has been that psychology plays more of a part with penis size during sex than anything else. The conceptualization of something more than twice normal stretching them wide is more arousing than the actual penetration; it's basically mental foreplay during intercourse, enhancing the actual physical stimulation. Women who prefer small penises probably use that same mental stimulation of a discreet member entering them.

Women tend to get excited over penises that react favorably in their presence. People like to feel like they turn the other person on, and vice versa. They don't need the "small penises are exciting, too!" spiel. All penises are exciting, regardless of size.


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8%

OF OUR RESPONDENTS ADMIT TO CHANGING THEIR SHEETS EVERY TWO MONTHS. WE HOPE YOU AT LEAST ARE PART OF THE 352 RESPONDENTS WHO CHANGE THEIR *PAMBAHAY* SHORTS/ BOXERS DAILY.

34%

OF OUR RESPONDENTS CHANGE BEDSHEETS AND PILLOW COVERS EVERY TWO TO THREE WEEKS

Which is just about right before *surot* start infesting your love bed. If you sleep eight hours a night for a month, your body will secrete roughly 30g of skin and 20 liters of sweat on your sheets, a perfect treat for dustmites and bed bugs. Before their poop triggers allergens and skin irritation, dump it in the hamper, bro.

11%

OF YOU USE ONE PAIR FOR THE WHOLE WEEK. HMM...



59%

"NO BACKDOOR ENTRY. NOT MY THING. NOT HERS EITHER"

We've seen it in porn (like, always)—guys unapologetically putting his thing in her butt, and both of them loving it. 59% of our respondents beg to disagree, though. They say that they don't feel the urge to do that, and it's a mutual decision. Also, urologist VJ Rodriguez says that more than the dirty side of it (like, literally), "You're prone to sexually transmitted infections and bleeding from trauma."

28%

OF OUR RESPONDENTS COME MORE OFTEN WHEN GIVEN ORAL SEX THAN THE ACTUAL INTERCOURSE.

60%

OF OUR RESPONDENTS PULL UP THE TOILET SEAT WHEN URINATING.
#TUNAYNALALAKE
#MAKETHEMISSUSHAPPY

66% **OF THEM MAKE SURE THAT THEY WASH THEIR HANDS AFTER PEEING.**

"ASIAN" AND **"TEEN"** ARE THE TOP TWO KEYWORDS USED BY OUR READERS WHEN SURFING PORN ONLINE. AV LIVING LEGEND AND **FHM** JUNE 2015 COVERGIRL MARIA OZAWA TELLS US WHY THESE WORK IN THE INDUSTRY: "I THINK IT'S BECAUSE WE [JAPAN] HAVE GIRLS WHO LOOK SO YOUNG... THAT'S WHY THEY TRY TO MAKE US DO THE HIGH-PITCHED MOANS, AND IT SHOWS THE PLEASURE WE'RE FEELING. WE HAVE AN OBSESSION WITH YOUTH AND HIGH ENERGY. "

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SPORTS

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Complete that simple street look with a smell that complements your very own style from ***Blackwater Sports***. Choose in four different variants to find the perfect match for you!

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"Smell good, Feel good"

15%

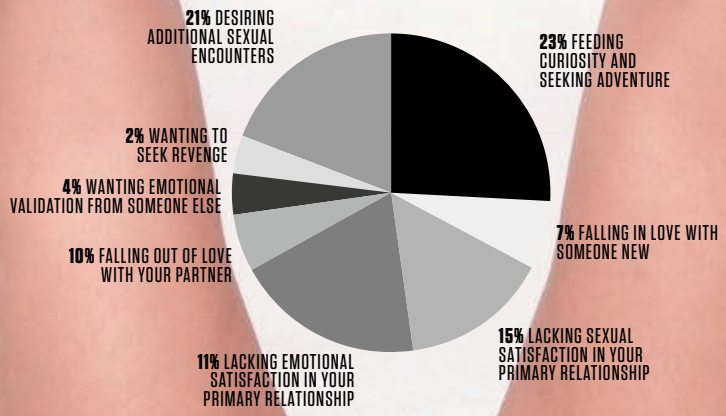
OF YOU HAVE SLEPT WITH AT LEAST ONE PERSON OUTSIDE OF A SERIOUS RELATIONSHIP

The average guy sleeps with nine people in his lifetime, which, according to a recent poll, is about right. There is a theory called The Rule of 10—the idea that if someone's slept with too few people, they'll be perceived as a fumbling sexual novice but too many partners means they'll be morally bankrupt and possible riddled with all sorts of diseases.

A LITTLE MORE THAN HALF OF OUR RESPONDENTS CAN CATEGORICALLY SAY, "I'VE NEVER CHEATED ON A PARTNER." WE SAY LITTLE BECAUSE THEY'RE JUST A PERCENT MORE THAN HALF. CLOSE CALL, BROS.

THE 8 REASONS PEOPLE CHEAT

OR WHY 49% OF YOU DO...



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44%

**OF MEN SAY THAT THEY'D GO FOR BOOBIES OVER BUTT ANY DAY.
IF YOU'RE A LUCKY GUY WHO GETS THE BEST OF BOTH WORLDS, TELL US HOW.**

ALL GROWN MEN, CONFESS: HAVE YOU EVER HAD A THREESOME?

65%
"I HAVEN'T, BUT I WANT TO TRY IT."

25%
"NOPE, NOT MY THING."

9%
"YES, AND IT WAS FUN!"

1%
"YES, AND I'M NOT DOING IT AGAIN."



WHAT'S IT LIKE BEING ABLE TO ACHIEVE YOUR WILDEST DREAMS?

The deal here is not whether our readers have done it or not. Clearly, most of us haven't fulfilled any of our wildest fantasies, yet. But if the universe finds us in such fortunate situation, how would we want the setup to be? Two guys and a girl? Or two girls all for you? The latter would make you one lucky bastard.

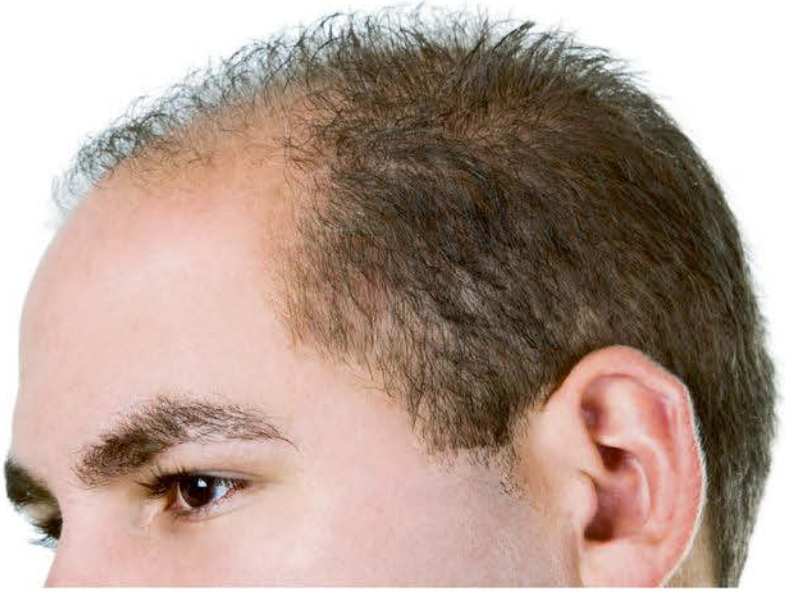
Bianca, a business owner and a Tinder enthusiast, says that you can find couples who would hook up for a threesome. "I've met a couple online, they're originally from abroad, and were here for a short vacation. They asked me and I said yes, because that's one of the rules in threesome hook-ups: Don't stay friends." Bianca says that it'll just complicate things, as all other shenanigans between friends with benefits.

71%

OF YOU HAVE– IN AT LEAST ONE POINT IN THEIR LIVES–FOUND A RELATIVE ATTRACTIVE.

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40%

OF OUR RESPONDENTS DON'T WEAR CONDOMS. WE KNOW IT CAN PROTECT US FROM STDS AND SURPRISE BABY BUMPS, BUT THERE'S JUST SOMETHING WEIRD WITH THE FEELING OF BEING GLOVED. OR SO OUR RESPONDENTS SAY.

63% OF OUR RESPONDENTS SAY THEY HAVE THEIR PRIVATES TRIMMED REGULARLY

"JUST GIVE ME MY TRUSTY TOWEL!"

ALMOST TWO-THIRDS OF OUR RESPONDENTS ARE DRY GUYS WHEN MASTURBATING.

You're alone. You've spent the night watching TV, downing beers, and your eyes wander down toward your hand. Just you and me, old friend. Like always.

Whether you're in a relationship or not, there isn't a scientist in the world that will tell you self-loving is not a normal reaction to boredom, singledom, or sleepy girlfriend.

"Masturbation is a normal gauge of a man's sexual physiological function. You'll know your libido is on a high or on normal rate if you're able to masturbate," says Dr. Rodriguez.

It's pretty much impossible to self-love too much. Too hard, yes—extreme cases have seen men fracture their schlongs or rupture arteries—but too much, no.

Researchers in Australia even claimed regular masturbation can reduce the risk of prostate cancer. **FHM**

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HOW TO REALLY SURVIVE AN APOCALYPSE

The end is nigh (according to the movies, at least). We called in the experts and found out how our knowledge of action films would actually serve us in the event of Armageddon





A GIANT ASTEROID WALLOPS THE SHIT OUT OF US

AS SEEN IN: *Armageddon, Deep Impact*
Big asteroids slam into Earth, either completely destroying it or ravaging life through a combination of earthquakes, tsunamis, and dust clouds. They've hit Earth before—that's why so few of us have surnames ending in "-saurus."
EXPERT ADVICE: Dr. Francisco Diego, senior research fellow at the Department of Physics and Astronomy at University College London, says, "It would take an object the size of the moon to completely destroy the Earth, but the asteroid that wiped out the dinosaurs and 70 percent of all life 65 million years ago was only 10km wide. A similar impact would destroy the top of the tree of life, including ourselves."
HOW CAN I HELP MY CHANCES? What if—get this—we're just a long way away from where the asteroid hits? "That won't help," says astronomer Mark Duwe. "If something larger than one kilometer hit, it wouldn't matter where you were. You'd either die in the initial explosion or die off due to cold or lack of food. You'd last longest on the other side of the planet, but the resulting climate catastrophe would kill you eventually. Debris thrown into the atmosphere would cause a nuclear winter; temperatures would drop globally, sunlight wouldn't get to the surface and most life would die out." Okay, but we could drill a hole in the asteroid, put a bomb in, and rejoice? "Blowing up an asteroid only multiplies the number of collisions," says Dr. Diego. "Fragments would still be large and catastrophic. Orbital deflection is the safest option." One potential way to do this is to 'park' small drones on the asteroid (with a few decades notice ideally) with ion engines on them—they'd produce a tiny amount of thrust that, over time, could slightly divert the asteroid's trajectory so it would miss us.



A HIDEOUS SUPERDISEASE SPREADS ACROSS THE GLOBE AND KILLS EVERYONE

AS SEEN IN: *Outbreak*, *28 Days Later*, *Planet Terror*
A mysterious, highly contagious illness spreads throughout the world faster than anyone can cure it, contain it, or control it. One coughing douche in a cinema unwittingly infects everyone else and society breaks down, leaving only vigilant survivors.
EXPERT ADVICE: With the ongoing Ebola scare, surely we're not far off a nasty-ass kind of hyper-disease, an EbolAIDS that'll kill us all in a few days, leaving only a few survivors in Bane masks? Probably not, reckons Professor Michael Malim of the Department of Infectious Diseases at King's College, London. "An epidemic killing us all is not impossible, but it's unlikely," he says. "The surveillance and detection of infections, isolation of at-risk patients, transport control and global communication mean that even highly virulent infections will be brought under control quickly."
HOW CAN I HELP MY CHANCES? So it's time for the army to don sinister Hazmat suits, round up the infected and set fire to them? It's not that simple. "Far more damaging than Ebola and SARS—both diseases whose manifestations of infection are obvious—are viruses that are more insidious, in that they take many years to manifest," says Malim. "When people don't know they're infected, the infection is passed on unknowingly." So we're doomed? "No. Just wear a flu mask."



THE RAPTURE COMES AND THE UNWORTHY ARE LEFT BEHIND

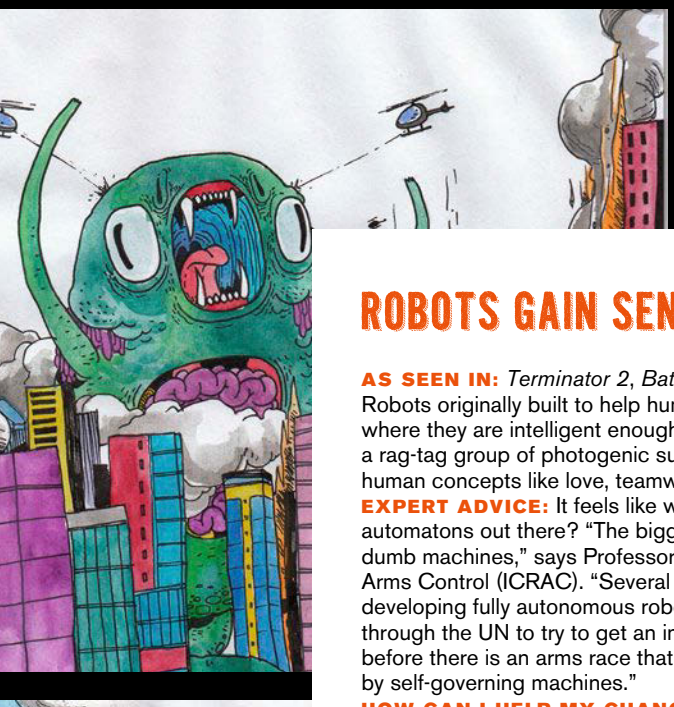
AS SEEN IN: *This is the End*, *Left Behind*
Jesus decides one day to take the righteous people of Earth up to Heaven with him and leave the unworthy ones behind (Old Testament, 1 Thessalonians 4:13-17).
EXPERT ADVICE: There are certain problems you don't want to talk to men of the cloth about and some that only a man of God will hold the answers to. "Prediction on the end of the world dates back to the early Christian communities because of their anticipation of Christ's second coming and the final judgment day," says Msgr. Joselito Asis of the Catholic Bishops' Conference of the Philippines (CBCP) on CBCPnews.com. "It will surely happen but only God knows when."
HOW CAN I HELP MY CHANCES? In the movies, everyone manages to redeem themselves by being good. If the Rapture was imminent, would chucking a few quid in a charity box help? Nope, that's just not how it works. "We should start to repent and convert just as we are being called to do especially during the season of Advent to prepare ourselves not only for Christ's first coming in his birth, but also for his return," Msgr. Asis adds.

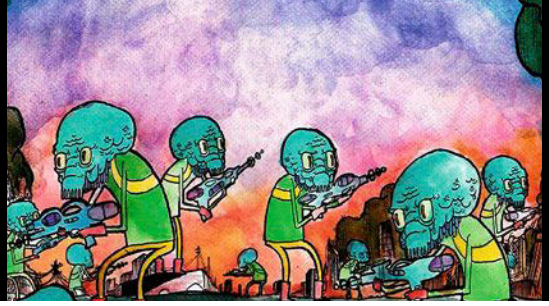
ALIENS INVADE AND DESTROY / ENSLAVE US

AS SEEN IN: *War of the Worlds, The X-Files, Independence Day*
Some form of extraterrestrial life rocks up on Earth. It hasn't come in peace and starts blowing shit up with lasers, enslaving people, and performing bum-bum probes.
EXPERT ADVICE: Nobody knows more about this kind of stuff than Fox Mulder out of *The X-Files* who, despite being fictional, occasionally dealt with the very real Mutual UFO Network (MUFON), the world's leading extraterrestrial research group. "It's always good to hear that someone is taking this subject seriously," says Chris Munns, regional director of MUFON. "However, as a scientific organization, I don't feel we would want to suggest ideas of what extraterrestrial life might be like, should it even exist at all." See, that sounds exactly like what someone under alien mind-control would say…
HOW CAN I HELP MY CHANCES? Apparently they're already here. Avoid any fuss by cheerfully offering yourself up for probing at the earliest opportunity.









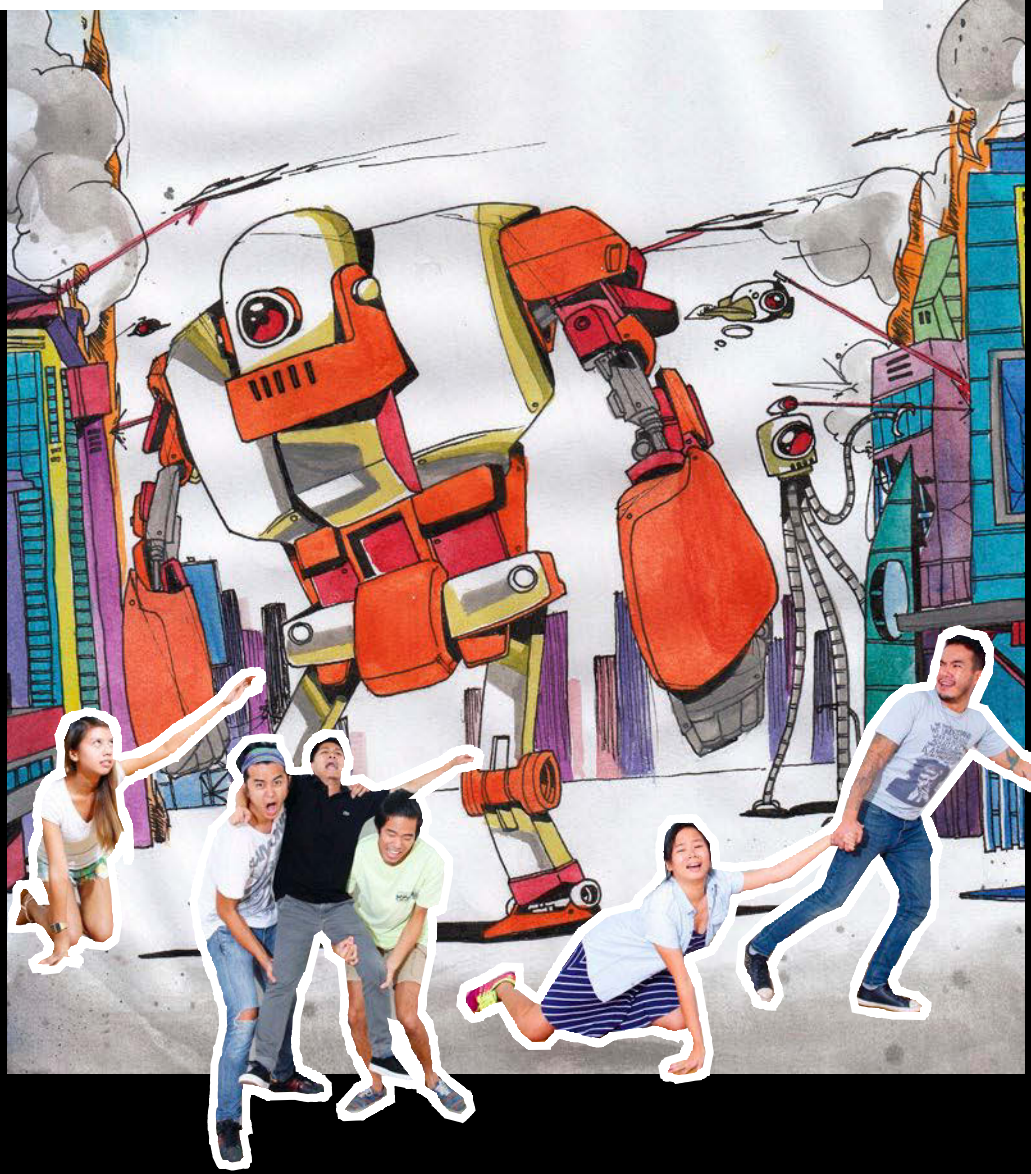
ROBOTS GAIN SENTIENCE AND DESTROY / ENSLAVE US

AS SEEN IN: *Terminator 2*, *Battlestar Galactica*, *The Matrix*
Robots originally built to help humanity (the word "robota" means "work" in Czech) reach a point where they are intelligent enough to turn on their creators and do so, bloodily. It's generally left to a rag-tag group of photogenic survivors to overthrow their metallic rulers in a way that uses very human concepts like love, teamwork, and one-liners.

EXPERT ADVICE: It feels like we're a long way off Judgment Day, but are there people-killing automatons out there? "The biggest concern for me is humans delegating decisions about killing to dumb machines," says Professor Noel Sharkey, chairman of the International Committee for Robot Arms Control (ICRAC). "Several hi-tech states including the US, UK, Israel, China, and Russia are developing fully autonomous robot platforms. The Campaign to Stop Killer Robots is working hard through the UN to try to get an international legally binding instrument to prohibit these weapons before there is an arms race that leads to the full automation of warfare and the slaughter of humans by self-governing machines."

HOW CAN I HELP MY CHANCES? You can join Sharkey's campaign at stopkillerrobots.org or simply move to a country no one would ever attack. Such as Tonga.





WE RUIN EVERY THING BY CHANGING OUR CLIMATE

AS SEEN IN: *Waterworld*, *The Hunger Games*, *Avatar*
Burning fossil fuels leads to global warming, which leads to melting polar ice caps, which leads to rising sea levels, a messed-up world, and Kevin Costner drinking his own piss (well, in *Waterworld* at least).
EXPERT ADVICE: So it turns out this isn't that far-fetched at all. Reuben Muni, climate and energy campaigner at Greenpeace Southeast Asia-Philippines, says our country has been among the most vulnerable to climate change in the world. "The impacts can be seen—from super typhoons like Yolanda (Haiyan) to slow onset impacts like droughts in Mindanao and other parts of the country," he says. "The hardest evidence to dispute is the observed sea-level rise in the Philippines—10 millimeters per year—which is three times higher than the global average of three millimeters per year." He adds that burning all fossil fuels will surely lead to a two-degree Celsius rise in global temperatures. "A two-degree Celsius-warmer world means that all the ice in the Arctic will melt," Muni says. "All the melted waters will eventually find their way into the country, and we can expect that many of our major cities will be flooded."
HOW CAN I HELP MY CHANCES? What about building a little survivalist boat and sailing the seven seas, scavenging and experiencing high adventure? "We have to think long-term," Muni says. "Building a survivalist boat will only give us a few weeks or a few months perhaps. In the event that sea levels rise and building a survivalist boat is the only option, then we might want to power it with renewable energy—especially solar."

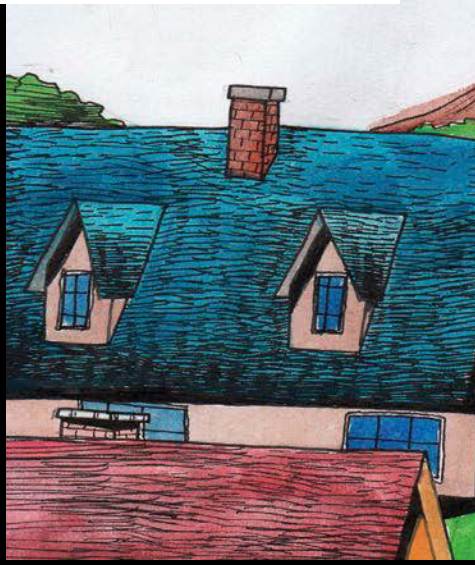




A CATACLYSMIC EVENT PLUNGES US INTO A NEW ICE AGE

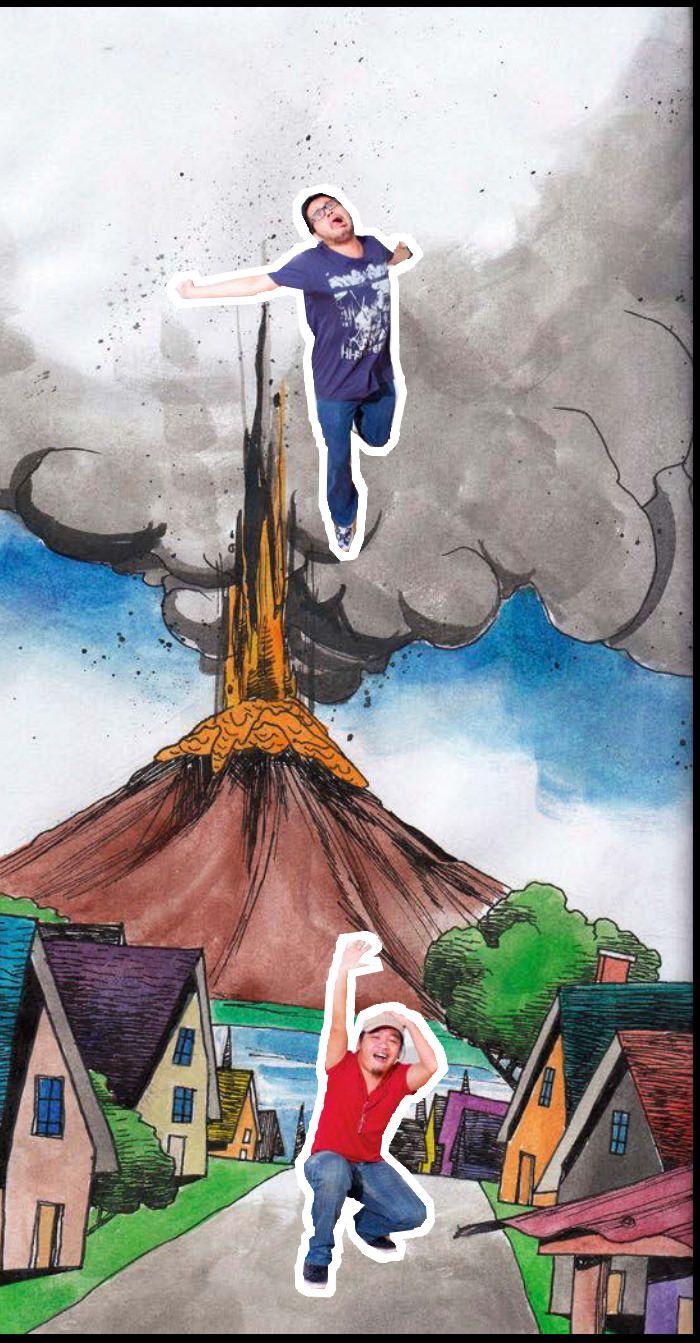
AS SEEN IN: *Snowpiercer*, *The Day After Tomorrow*, *Sunshine*
Various scenarios, both natural and artificial, send the Earth into a sub-zero existence of shivery misery. It's like Narnia but without any of the fun beavers, valiant lions, or delicious Turkish delight.
EXPERT ADVICE: Are we going wake up one day freezing our balls off? Like, literally so cold that all of our balls just fall off. "We are due a new ice age in the next few thousand years," says Professor Bill McGuire, author of *Waking the Giant: How a Changing Climate Triggers Earthquakes, Tsunamis, and Volcanoes*. "One thing that could happen is that a volcanic super-eruption results in a global freeze that may lead to a failure of the global harvest for a year or two. The freeze that follows super eruptions results from the huge volumes of sulfur gases pumped into the stratosphere. These absorb and reflect incoming solar radiation, thereby cooling the Earth. With countries only having about a month's worth of food at any one time—in shops, warehouses, etc.—it would soon be a free-for-all. Ironically, global warming increases the chances of such an eruption occurring."
HOW CAN I HELP MY CHANCES? Properly insulating your home won't help. No amount of fiberglass is going to keep the marauding, starving hordes of raiders salivating over your stacks of Century Tuna. The professor's advice? "Get a gun, learn how to use it, band together, commandeer an un-looted supermarket, and stay there," he says. You heard him: Time to tool the fuck up.





DOOMSDAY LUNCH KIT

FOOD	SHELF LIFE
Rice	25-30 years
Beans	5 years
Flour	2 years
Cornmeal	6 months
Canned Vegetables	3 years
Canned Meats	5 years
Peanut Butter	2 year
Canned Fruits	2 years
Pasta	5 years
Oatmeal	3 years



IS A MASSIVE EARTHQUAKE REALLY UPON US?

As seen in: *San Andreas, Aftershock*

There's a Metro-wide earthquake drill going on at the end of this month. Add to that the 7.8-magnitude quake that recently befell Nepal, the media going abuzz about the Metro's valley faults, and The Rock's bulging biceps in *San Andreas*—it seems the Big One is really upon us. The question is, when exactly will it strike? "The exact date, time, and location of an earthquake cannot be predicted," says Jeffrey Perez, supervising science research specialist/ geologist at Geologic Disaster Awareness and Preparedness Division of the Philippine Institute of Volcanology and Seismology (Phivolcs). "Based on our paleo-seismic studies, the recurrence interval of surface-rupturing earthquakes is 400 to 600 years, and the last major earthquake attributed to the Valley Fault System was 1658." Do the math and we're well on year 357—only 43 years to go before we hit 400. "This fault can generate an earthquake with a magnitude of 7.2 that may result in a very destructive ground shaking, with intensity VIII on the Phivolcs Intensity Scale."

EXPERT ADVICE: "What we also know is the location of the active fault, the maximum magnitude it can generate, and the earthquake intensity," says Perez. "For Metro Manila, we have mapped the 100km-long West Valley Fault and it traverses portions of Bulacan (Doña Remedios Trinidad, Norzagaray, and San Jose Del Monte City), Rizal (Rodriguez), Quezon City, Marikina City, Makati City, Pasig City, Taguig City, Muntinlupa City, Laguna (San Pedro City, Biñan City, Sta. Rosa City, Cabuyao City, and Calamba City), and Cavite City (Carmona, General Mariano Alvarez, and Silang)." Err, that's like all of Metro Manila and its neighboring towns, aka where close to half of the country's population is. Boy, are we doomed…

HOW CAN I HELP MY CHANCES? "Before an earthquake strikes, we should prepare our homes, workplace, or school," says Perez. "When you are inside a structurally sound building or home, stay there and do the Duck, Cover, and Hold. You should duck under a sturdy desk or table, hold on to it, and protect your head with your arms. If possible quickly open the door for exit. Stay away from glass windows, shelves, cabinets, and other heavy objects. After the earthquake, take the fastest and safest way out of the building." How about if we're outside, say, in a big open parking lot? "If you're outside, you should move to an open area," says Perez. "Stay away from trees, power lines, posts, and concrete structures." In short: there's nowhere to run.



THE NEW BIG THING

WITH THE HELP OF TODAY'S FUNDING PLATFORMS, **SUCCESS STORIES ARE** BEGINNING TO LOOK **VERY DIFFERENT ON THE OTHER SIDE** OF THE GLOBE. **BUT WILL TECH ENTREPRENEURS** HACK IT HERE?

WORDS
ASH MAHINAY

PHOTOGRAPHY
HEIDI AQUENDE



THE NEW BREED OF ENTREPRENEURS



fliptrip.ph

Would you give two girls–who admittedly have no experience running a business–P500,000 cash and P1.5 million in support just because they have a good idea? April Cuenca and Jackie Yap are perhaps the perfect example of the modern startup success story: young, idealistic, and with a product that appeals to the millennial generation. The 2014 Ideaspace competition winners are also a great case study of how the support systems in a startup culture can develop a business out of the most rudimentary beginnings–and on a fast-forwarded timeline as well.

The idea that started it all

According to Cuenca, Fliptrip.ph is basically a website where users can create their own travel package and customize their itinerary. "By the finals of the competition, we refined our one-liner to: 'An all-in- one travel booking platform for off the beaten path destinations in the Philippines.'"

Solving a 'first-world problem'

A criticism of the startup culture abroad is that everyone just wants to create the Uber for laundry/housecleaning/pet walking/etc. Fliptrip appears to be that way at first glance: taking away the guesswork from your hipster destination. "We go where most people don't want to go to because it's hard," Cuenca says. "People [who run resorts in off-beat destinations] are generally not connected online through a website or updated Facebook page."

...but giving back in return

April says it's not just about randomly knocking on hotel operators' doors and asking, "Who's going to sign up?" "We really make an effort to find out what they want–some communities are more advanced, some are more basic," she explains. "We do this through our digital tourism seminars before we start business development. We go and gather as many tourism stakeholders as we can–from hotel operators to boatmen–as long as you're providing a tourism-based service, you're invited and it's for free. The main goal is to get more people aware of the state of tourism in the country and showing them why they need to go online and learn and adapt."

How does it actually make money?

Cuenca explains that their website is just the backend. "The moment you click book, the reservation goes to the local partner," she says. "It's faster and easier for both. We just charge them a commission per transaction. It's success-based. It doesn't cost them anything to be part of Fliptrip. We want them to be accessible to as many people as possible."



quickfire games

Kickstarter, a crowd-funding site where people can pledge money to up and coming projects, is how many startups in the US have gotten off the ground. We've been told that we have to present ourselves as international-caliber to get past the colonial-mentality roadblock. Our local gaming developers tell us about their success in doing just that.

How did Quickfire Games get started?

Balani says they originally got into a digital marketing business to make games eventually. "It was really just to make enough capital to make games," he admits. That's why Harry came onboard because his background was with a gaming company. But that never really happened–so before we shut it down we said, 'You know what? Lets give it one hurrah and launch a Kickstarter.' And we got funded!"

The final push

Did it scare them that they wouldn't get any local support? "No, because our primary market is in the US," says Balani. "I was scared we wouldn't make it, but you'll never know if you'll make it if you don't try. So we spent three months putting the campaign together. And because we made it, then more people were more confident to give us money. We asked for $40,000 and we got $60,000.

Where is the growth coming from?

"It's a bunch of things, like the continuing Western influence in the country," Balani says. "There has been a very big interest from Silicon Valley in the Philippines. There is starting to be European interest. Our Indonesian neighbors have a burgeoning startup industry. Kickstart [of Globe] has ties with 500 startups based out of Singapore–they've also tied up with a VC out of Malaysia. We have balikbayans coming back to work in the tech scene."

CHED-approved

"The gaming development startup scene is the fastest growing industry right now," Balani affirms. "We've just had the game development course upgraded by CHED–previously it wasn't a computer science degree, it was an arts degree. And now they've agreed to make it a CS-oriented degree. This is what we're lacking at the moment."

Wild Season releases in September on PC, Mac, consoles, handhelds, iOS and Android.

awesome lab

Awesome Lab is a unique startup because aside from being a "lab for hire," their main goal is to keep developing stuff–much like a real-life Dexter's Laboratory. "We're a startup that produces many startups," says Cua. "We make a product; we package it, and spin it off to a new company. We experiment and if there's traction, we spin it off."

Here is what all you doubters are waiting for: We have on-the-fence investors–and those are already people accustomed to risk–so there are naturally many more non-believers in the startup scene; those who believe it aren't going to work in our country. Matthew was recently quoted in a *Wall Street Journal* article about top Filipino startups to watch. His quote? "[With Awesome Lab] we wanted to create a safety net where failure is an option…in the Philippines failure is something you avoid like hell." So we approached him for a more pragmatic view of the scene.



It really is a fledgling scene

"Generally speaking, our culture of innovation in the Philippines is not yet as deep and mature as other countries–specifically startup innovations or high-growth startups," Cua observes. "High-growth, meaning you double revenue every six months or something like that. A small business like a restaurant has a return-of-investment of, like, five years–ROI can be nothing or forever with a startup, but the growth can be exponential."

The fear of failure hangs over startups

"Exponential growth means higher risk," he explains. "You are more prone to failure–spectacular failure–and failure is not that well liked in the Philippines. That's why franchises are popular; the risk of failure is low. You invest and either you make money or you don't make money–there is no failure per se."

The startup model abroad does not work here–not exactly

"West is best" rears its ugly head once more. "Every culture has their own quirks," says Cua. "You cannot copy-paste Silicon Valley here. If you bring Steve Jobs here to the Philippines, people will expect magic. That won't happen–Steve Jobs will fail. It's not that the Philippines' culture is wrong, it's that we're trying to copy an innovation culture from abroad that was built for them."

We do have big success stories

And you've probably heard of them–it's just that it didn't happen overnight. "There are certain startups that have cashed out," says Cua. "There are a few stars: Xurpas just had an IPO. Sulit was bought by OLX. Cash Cash Pinoy was bought out as well. And people forget that Silicon Valley is old. They have four generations of innovation and failure that they've gone through. We're much younger–*wala pa tayong masyadong* success stories because of that."

Half a decade from now...

"ASEAN integration will help," Cua opines. "And there needs to be someone to carry the banner flag for the country. We need our own Dell. Taiwan has their Acer and Asus. Korea has Samsung and LG. They were all startups too at some point."

Start with a startup

Cua admits doing a startup in the Philippines is really hard. "You have to be crazy to do it. My suggestion is to join a startup first before starting your own–we're still noobs [newbies] in this tech startup game, so you practice."

ideaspace

Earl Valencia met Manny V. Pangilinan in Silicon Valley, who asked him, "What do you want to do with your life?" Pretty deep. But instead of having an existential crisis like a lesser man, he ended up helming this foundation.

Rather than slaving away at a job to save up before striking out on their own, startups aim for their dream by aggressively going for grants or investments on the strength of a concept. The MVP-backed Ideaspace Foundation is one such benefactor. Win their yearly competition and they provide "incubation" (mentorship, provision of non-monetary resources, and support), which develops a raw idea into something that can survive as an actual business, and "acceleration" (grants and access to early-stage investors), which basically helps you "make it real" sooner.

Gaining traction

The Ideaspace 2015 competition garnered entrants from every region of the Philippines, and Valencia believes the technology and entrepreneurial movement is spreading throughout the country. "It is very important that we fuel the dreams of the young people–whether it's a dream job or dream business," he says. "I think in the near future we will have more success stories of building innovation that makes sense for our country but also has applicable solutions for the world."

A 98-percent mortality rate?

"Nine out 10 businesses fail but it shouldn't prevent people from trying," Valencia says. "As we said in our competition, the probability of someone succeeding without trying is zero."

Investors

Valencia says investors in the country are a little more risk averse or control-heavy. "A lot of them want proven concepts that have a track record," he says. "Unfortunately, I have seen that because of this, a lot of the best ideas don't get funded, or are only funded because they are people the investors know personally. There is a large number of investors who want to control an early-stage company, meaning for an amount they want 80 percent or more. Startups, like plants, need time to grow."



The FHM man test

This month's challenger...

BOY2 QUIZON

The *Bubble Gang* mainstay and P.A.R.D. music producer can drop punchlines with little effort. But does that automatically make him 100-percent hombre?

Have you ever sniffed used underwear?
Sa akin o sa friend? *Parang kadiri kung sa akin…pero pwede rin*, just to check *kung bago*, ha ha! *Pero ginawa ko na rin yan sa* classmate *kong babae* a long time ago. *Meron kasing* health kits *nung* grade school *di ba? Kinuha ko yung kanya sa* bag, *tapos inamoy ko.*

Man ☑ Not man ☐

Have you ever farted openly in public?
Yes. *Ginawa ko dati sa* classrom. *Pag utot ko, may sumama.* So *bago pa mangamoy, pinagbintangan ko yung kaklase ko*, "Ah, *tumae ka! Tumae ka!" Tapos pinagtawanan siya kaya napunta yung* attention *sa kanya. Habang pinagtatawanan siya, lumabas ako para itapon yung* brief *ko.*

Man ☑ Not man ☐

What fictional villain scares you the most?
Villain *ba si ano…si* Lilia Cuntapay? *Siya talaga eh, talagang nakakatakot siya.* Classic!

Man ☑ Not man ☐

Which romantic comedy makes you feel giddy inside?
50 First Dates, okay *yun*!

Man ☐ Not man ☑

Would you ever carry your girlfriend's purse at the mall if she asked you to?
Actually, *na-try ko na, pero hindi madalas.* Okay *lang sa akin. Sigurado naman ako sa pagkalalaki ko eh.*

Man ☑ Not man ☐

If you could blow up one thing, what would it be?
Siguro Edsa, *para naman mapalitan at maayos. Sobrang lala ng* traffic *eh.*

Man ☑ Not man ☐

Have you ever taken secret selfies?
Yes. *Madalas para lang din mag-check kung maayos ang itsura ko.*

Man ☐ Not man ☑

Can you name one high-ranking *FHM* woman you've had an unforgettable experience with?
Unforgettable? *Di ako sigurado kung nag-FHM siya eh.* Ha ha! *Ayokong sabihin. Wala akong sagot!* Ha ha!

Man ☑ Not man ☐

What's the worst thing you were teased about as a kid?
Sinasabi nila anak daw ako ng bumbay, pero inasar din ako na kamag-anak ko raw si President Quezon. *Yung isa ko kasing kapatid, nag-imbento na kamag-anak daw namin ang mga* Quezon, *at pinalitan lang daw ng lolo namin yung* "e" *ng* "i." So *naniwala ako, tapos pinagkalat ko dati. Ang laki-laki ko kasi.*

Man ☑ Not man ☐

Have you ever worn briefs on top of your pants and pretended to be a superhero?
Pag may gumawa nun, bubugbugin ko.

Man ☑ Not man ☐

What's the title of the weirdest porno you've watched?
Sniff. Japanese porn *yata yun na pinapanood sa akin ng kaibigan ko. Walang ibang nangyari kundi singhutan.* So *nakahiga lang yung babae sa* bed, *tapos inaamoy lang siya nung lalake. Mga* five minutes *yung* clip, puro sniffing lang, ha ha!

Man ☑ Not man ☐

What's the name of the coolest pet you've ever had?
Si Beta. Rottweiler *siya na bigay ng lolo ko sa akin. May kapatid siya, si* Max, ha ha!

Man ☑ Not man ☐

Have you ever had blood in your hands that was not yours?
Woah! Ha ha! *Oo, oo! Dinala ko sa* shower. Boom! Ha ha! *Ang bilis eh noh? Dinala ko agad sa* shower, ha ha!

Man ☑ Not man ☐

If the world were to end tomorrow, what would your last meal be?
Ano kaya? Hmm, last *na* 'no? *Ano ba*? Pussy? Ha ha! Pussy!

Man ☑ Not man ☐

What's the longest you've gone without wearing deodorant?
Ah, *kaya yata nang mga* three days. *Nagawa ko na yun isang beses sa* Dubai. *Kasi hindi mo na kailangang maligo. Ang init, pare. Nasa* desert *kami*, so *kahit maligo ka, papawisan ka lang din.*

Man ☑ Not man ☐

INTERVIEW: PONG CASTILLO | ILLUSTRATION: JEREMIAH IDANAN



13/15

Boy2 nearly aces the test. And leaves us with new Japanese viewing material to review...

THE MAN TEST LEADERBOARD

Sef Cadayona	14/15
Dan Villegas	14/15
Boy2 Quizon	13/15
Jose Manalo	13/15
Ranidel de Ocampo	13/15
Chito Miranda	13/15
RA Rivera	12/15
Gloc-9	12/15
Loonie	12/15
Medwin Marfil	12/15
Brandon Vera	11/15



KEEP COMING BACK FOR MORE

Interview
ALEX C. PAITA
Photography
RIA REGINO
OF FAT CAT STUDIO

CHECK A LIST OF THE HOTTEST IMPORT MODELS ANYWHERE AND YOU'LL FIND MOLLY TRUONG'S NAME IN THERE.

SEE THE HIN'S RESIDENT VIETNAMESE-CHINESE SIZZLER UP CLOSE AND YOU'LL UNDERSTAND WHY


Styling
DEBRA
BERNALES
Makeup
JANINA DIZON
Hair
MJ RONE



"YOU'D HAVE TO ASK WHAT GAMES I LIKE TO PLAY, WHAT MUSIC I LIKE, AND MOST OF ALL WHAT MY GOALS AND AMBITIONS ARE. BECAUSE I'M VERY MUCH A DIEHARD IN ACHIEVING MY GOALS"

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Here are some random facts about this extremely lovely lady: She beat Donkey Kong on the Nintendo 64 to 101 percent without cheats. She's napped for 15 hours multiple times. She learned Japanese from watching a ton of *animé*. She has no idea how to work out, so she games instead. She knows more about cars than the average girl, but has no idea how to work on one ("one of these days!" she says). We only see one problem here: having to wait that long for her to wake up and look at you with those eyes again sounds like an agonizing wait!

In your Instagram account, you describe yourself as "Boss lady for HIN." No wonder we felt this urge to kneel at your feet right when you walked into the room…
Ha ha! I am in charge of the overall operations, so I do everything from model coordination to scheduling to itineraries for the staff—sometimes even bookings for flights, accommodation, stage production, event, and stuff like that. I am basically the CEO's right hand man.
Is looking this hot part of the job? Or "it just so happened," like what they always say?
Thank you! I first came to HIN as a model. And then I started brainstorming more with the CEO on how to expand Hot Import Nights as a lifestyle event. I brought in gaming because that was my area of specialty. I think the looks just helped me in that field but it's not a requirement, ha ha!
What were you into before HIN?
I was in school, majoring in international business. I switched a couple of times to pre-med. And then overall I just stuck with business and minored in computer science. In fact, I had two years to go in school when I joined HIN.
How are you like on a regular day? Are you always in a business suit?
When I'm in the office, I'm in business attire. But when I'm at home I'm a mom so I stick to T-shirts and guy clothes not sexy at all, ha ha! But I have the gracious gift of being able to work from home too, so you'd see me working in pajamas.
A guy wants to really get to know you. What are the three questions he has to ask?
You'd have to ask what games I like to play, what music I like, and most of all what my goals and ambitions are. Because I'm very much a diehard in achieving my goals. I'm a perfectionist and the guy has to appreciate my work ethic.
So to start things off: What games do you like to play?
I play *League of Legends* right now–it's strategic and tactical. You strategize with your team and conquer the other side. But I also play *World of Warcraft*, *Diablo*, and a lot of FPS titles.
What type of music gets you in the mood?
I love anything that's trance, house, indie, and alternative. I listen to everything but my go-to would mostly likely be chill alternative music.
Do you sing? Or do you have any musical inclinations?
I used to play the piano a little bit. I also play the violin, the viola, and the guitar. I do sing but I'm really shy so I just sing in my own little world when I'm cleaning or whatever.
We can imagine that…
I've been told I have a nice voice but I don't know, I'm just really shy, ha ha!
Is it your first time in the Philippines?
It is! The funny story is my parents actually lived here for a little bit. And this is where I was actually conceived–Manila! My relatives are actually half Filipino. So my mom's brother and sister are half Filipino.
We knew it! As the right hand of the CEO, you must know how to commandeer a man. But how does one tame you?
Just by really being attentive and caring and just listening to me. I'm not high maintenance at all. I don't ever really want to go out. I don't need all the fancy gifts. I just need someone to listen to me, appreciate what's been going on and then contribute and help me enjoy everything in my life.
See you at next year's HIN for sure?
If I'm not coming as a model, I'll come as a staff. So either way I'll make my way back here, ha ha! **FHM**





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Interview **ASH MAHINAY**

Photography **RIA REGINO**
OF FAT CAT STUDIO

Styling
DEBRA BERNALES
Makeup
JANINA DIZON
Hair
MJ RONE

ALL THAT SHE SAYS

GWENDOLYNNE GEE GIVES US THAT HEAD RUSH WHEN YOU MEET A GIRL YOU HAVE EVERYTHING IN COMMON WITH









Do you know what's better than a dream girl who likes cars, plays video games, and looks hot as fuck (to borrow the JDM meme)? Well… how about three of them? The great thing about girls like Gwendolynne Gee is that they aren't just dream gals. Thanks to their shared love of what men love, they're also perfect wingwomen, dream co-drivers, and dream playmates of a non-sexual manner…

We hear you've got quite an interesting side hobby…
I am actually known as Miss Vape Summit and I am a big influencer in the vaping industry, the reason I do this is because I quit smoking thanks to vaping—and so did my parents. I also work for HIN! I am actually an onsite model coordinator—this was a nice surprise for me to get back to my roots of modeling. It reminded me why I am where I am.
We didn't see you puffing up though.
I know! The reason is because I'm not addicted to vaping. A lot of people are worried that if you quit smoking you'll just be replacing it with another addiction but that's not true. I'm not addicted–I just enjoy my vapes during social events. It's not a habit; I don't need nicotine.
Coming from an obviously biased source, does a hot car really help a guy's chances?
Well, I work for this industry right, but for me just because they have a really nice car doesn't mean anything. I just really like his car! It doesn't mean he's the car—I can totally separate it!
What does matter when it comes to a man's four wheels?
It all comes down to being a good person. You could tell a lot about a person by their car. Most of the time you're in it and if you don't take care of it—say keep it dirty—imagine how it is at home, in the bathroom? Oh god, that's so scary. Now I shouldn't be talking because my car gets dirty, ha ha! But I do have to say I barely drive it!
Can you thrill a guy more than him choosing to go drifting or racing?
Yeah, definitely, because he can get me and the drifting or racing, ha ha! I don't think he loses if he picks me!
You did mention a car as your ultimate dream…
My ultimate dream car is the Honda CRX. My uncle modified his and it was amazing growing up and seeing a car get a brand new identity. When I moved from Alaska I was devasted when my uncle told me he sold it. I was, like, "You didn't even ask me if I wanted to buy it!"

Any girly dreams on the other hand?
I don't know. It would be badass to be a legit pro gamer, but that's not really girly. I don't really have other girl dreams besides being a model–but that doesn't count cause I've already achieved it, ha ha! Sorry, I was raised by nerds! My whole family had a guild on *World of Warcraft!*
Speaking of upbringing, you were born in Hawaii to Filipino parents, then raised in Alaska—so is sex better when it's hot or cold?
It's better in the cold, because you're forcing your bodies to get closer and more intimate to warm each other up while you do it. It's sexier; it conducts more heat! But in the heat you just get hot and muggy and yucky and I want to push you away cause you're sweaty, ha ha!
Have these warm-up sessions happened in your car maybe?
I don't know if I have done anything that's not been naughty in my car. I think I've done all the things!
How about somebody else's ride?
Boyfriends' cars don't count…
You're making me think of when I was a naughty teenager, ha ha! I've been there! I was just trying to keep warm! **FHM**





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Interview **AEUS REYES**

Photography **RIA REGINO OF FAT CAT STUDIOS**



Styling
DEBRA BERNALES
Makeup
JANINA DIZON
Hair
MJ RONE

YOU MUST ALL REMEMBER WHAT GOOD THINGS CAME OUT OF THE LAST TIME CANADA AND JAPAN INTERTWINED RIGHT?

But in case you've forgotten the wonders of that combo, here is Mila G to complete the trifecta of Hot Import Nights hotness. Despite being here for the second time around, Mila was the most reserved of the models on the day. But that holds an undeniable appeal of its own—how to get a withdrawn cutie out of her shell is a challenge that true men will relish (and hopefully accomplish.) but in the meantime, here's Mila out of her clothes instead…

Let's start off with our burning question: what does the G stand for?
Everybody asks that question but actually, the G has no meaning. People say that I should answer G stands for gorgeous, but it really means nothing, ha ha!
We agree with the gorgeous part. But since the G means nothing, does that mean Mila isn't your real name either?
Yes. I actually wanted to use other names but my friends said I didn't look like the names I wanted to use. Then somebody said, "what about Mila?" They said I looked like a Mila and that it sounded good so I ended up using that.
The studio's neighbors are going hard on some mid-day videoke. We've heard Japanese girls are crazy for karaoke as well.
I remember going to a karaoke place almost every day when I was in high school. We had a really good deal–an hour is five cents, wasn't that crazy? But since I moved to Canada, I stopped going to karaoke bars.
Your sheer number of followers on social media shows that you still make the noise though. Was this really the plan?
No. I started modeling for fun. I posted pictures on FB and my friends liked it. Then I said, "Okay, let's post more pictures." Then the pictures became really famous online so I decided to go for it! I first modeled when I was thirteen or fourteen for a kid's magazine in Japan, where I grew up, but I stopped because I didn't have any confidence. When I moved to Canada seven or eight years ago, I met a lot of people who were into modeling. I've had more opportunities in Canada for the things that I want to do.
And if it had not worked out?
I would have been a traveler or a backpacker! I don't really collect expensive stuff. I don't even dress up every day–I only do that for work and events. I'd rather spend money to experience something new; like going to beautiful places I've never been to before.
Which of the many beautiful places in the Philippines are you eyeing then?
The last time I was here, I went to El Nido. I never imagined that kind of place existed, it was breathtaking! For this trip, I'm going to Bataan and Coron. I'm so excited!
The last time we talked to you, you were representing an MMA outfit.



Now you're here for a car show. Which do you prefer?
I think they're really different but both are really exciting. It's tough to pick one because I like both.
Let's tweak the question then. Would you rather go out with an MMA fighter or a car nut?
Maybe a fighter because he can protect me, ha ha! But I still definitely need someone who has a car and a license because I don't drive.
We better start learning how to fight. But doesn't it seem weird for a car show model to not know how to drive?
I can pretend during car shows but I feel like I can't do it in real life. But I'm really into cars. My dad worked for Nissan back in Japan so I grew up around cars. I love sports cars, especially the GT-R.
What have you been spending your time perfecting then?
Sometimes I dance. I'm not good at it but I'm the kind of person who takes an opportunity and just learns from there. Like I recently started my own brand of T-shirts–I design the shirts myself and I dream about having my own store eventually! I also want to open my own breakfast place. There's a really cool one in Japan that serves Japanese-style breakfast meals. It's kind of hard to explain but it's really good food.
Does that mean free breakfast for the team?
Yeah, sure! Drop by when I open my restaurant, ha ha! **FHM**

EVERYBODY ASKS THAT QUESTION BUT ACTUALLY, THE G HAS NO MEANING. PEOPLE SAY THAT I SHOULD ANSWER G STANDS FOR GORGEOUS, BUT IT REALLY MEANS NOTHING, HA HA!

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FHM **Style** NEWS

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HARD TIMES

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P49,995



ILLUSTRATION: **WARREN ESPEJO** • PHOTOGRAPHY: **ROY MACAM** • WORDS: **ASH MAHINAY**
STYLING: **GELA MUÑOZ** • MAKEUP: **AMANDA PADILLA OF AT EAST | JED ROOT** HAIR: **RHOY CERVANTES FOR L'OREAL PROFESSIONNEL** MODELS: **FERNANDO OF IM AGENCY** AND **NIKA HIGASHIONNA**



If Japan is the new Hong Kong (ugh), then Mt. Pulag is the new Boracay.

No, the third highest peak in the country did not just crumble and turn into a beach—rather its cloud-shrouded summit is the new default Facebook cover photo for many people. If you climb Mt. Pulag and didn't take a selfie at the peak, did it really happen? Anyway, we can't help you with the no-bath situation up there, but we can offer some suggestions for a killer outfit while you do it.

The North Face windbreaker, P5,496, R.O.X.; Neon tech shirt, P249.75, SM Sports Club; Under Armour pants, P4,795, SM Men; The North Face backpack, P5,496, R.O.X.; Chameleon II Flux, P5,495, Merrell

Under Armour windbreaker, P5,595, SM Men; All Out Charge, P5,095, Merrell

Hi-Vis Hits

Bonus *tipid* points for going this route because you can use some of your best gym rat attire going up the mountain as well!

mt. HM



All Black Everything

We hereby declare a black-on-black color scheme as the only way to pull off the meggings-(man leggings)-under-shorts look. Leave the colorful tights to the ladies for now, guys.

◂ The North Face outdoor jacket, P6,990, R.O.X.; Tee, P595, Team Manila; Running shorts, P349.75, SM Sports Club; Columbia compression tights, P3,490, SM Men; Happy Socks, P649; Annex Vent, P5,095, Merrell

◂◂ Jacket, Model's own; All Out Charge, P5,095, Merrell



▶ Pullover, P995, Terranova; Plaid button down, P1695, Team Manila; Happy Socks, P649; Tumbler, P295, Team Manila; All Out Shine, P4,590, Merrell

▶▶ Insulated jacket, P1,295, Terranova; Turtleneck sweater, P1,295, Terranova; Khaki pants, P995, Terranova; Happy Socks, P649; Moab River Mid Waterproof, P5,795, Merrell

Fashion Campers

You probably hired a porter to haul your stuff up the mountain because you needed more than two changes of clothes. The rarest breed of climber, but also the most annoying?



Mountain Print

Okay, there is no such thing as "mountain print" but you can't get any more outdoorsy than dressing in camoflauge and olive drab. These also won't look like shit when they get dirty. Perfect if you tend to fall on your butt a lot while climbing.

▸ Columbia trapper hat, P2,290, SM Men; Military Jacket, P1,995, Terranova; Bo Athletics tech shirt, P499.75, SM Men; Columbia convertible pants, P3,990, SM Men; Flud camo backpack, P5,990, Sole Academy; Happy Socks, PXXX; Annex Mid Gore-Tex, P7,195, Merrell

▸▸ Superdry parka, Old Gold Vintage (@oldgoldvintage); Khakis, P695, Terranova; Drawstring pack, P395, Team Manila; Happy Socks, PXXX; Grassbow Rider, P4,590, Merrell



▲ Pom-pom beanie, Topman; Eddie Bauer WeatherEdge jacket, P3,990, R.O.X.; The North Face bag, P1,990, R.O.X.; Happy Socks, P649

▶ Dr. Pepper Beanie, P350, Old Gold Vintage; Columbia insulated jacket, P6,990, SM Men; Daily Grind tee, P595, Team Manila; Shorts, P1,995, Terranova; Happy Socks, P649; Osprey Stratos backpack, P5,990, R.O.X.

Hipster Humpers

It's pretty cold on a mountaintop, but step out of your tent swagged out like this and the only thing warmer than your sense of campfire style would be a sepia filter.



FHM JULY

Girlfriend

Georgina Fortalejo

KHYNE PALUMAR

JAY TABLANTE

STYLING: HANNAH KIM
MAKEUP: JET BEBAS



Butuan is a better place with this alluring car show model around. We're luckier she decided to move towns...





> "I joined a lot of beauty pageants back in my hometown in Butuan. The most memorable one was when Miriam Quiambao was one of the judges. That was special because she told me she liked my answers"

If, like most people, you've forgotten how genuinely nice and sincere-sounding beautiful women can be, work on being present in car shows and events that Georgina Fortalejo is in. She'll smile and make eye contact. Shake hands and probably give you a *beso*. Address you with such tenderness you'd probably feel suspicious. Of course, suspicion's the last thing you'd expect from her increasing fandom: "Since I moved to Manila, *parami nang parami yung mga* followers *ko* on social media," the Butuan native says. "It's surprising."

This little outing will no doubt add to those surprises...

You're all smiles in almost every photo—did the photographer put you up to it, or *masayahin ka lang talaga*?
Masayahin lang talaga ako, ha ha! My friends call me happy-go-lucky *kasi* I always make it a point to enjoy the things I do, and I always smile because for me, smiling is attractive—it catches people's attention.

You sure caught ours. Were you in any pageants before all this?
I was! I joined a lot of beauty pageants back in my hometown in Butuan. *Medyo marami-rami na.* The most memorable one *siguro* was when Miriam Quiambao was one of the judges. That was special because she told me she liked my answers. I also held the crown for Ms. Tourism Butuan for a year back in 2013.

But then you left Butuan for Manila?
Yes, I moved here to Manila, met some photographers, and then I started doing car shows and events, and now I'm doing *FHM*! In lingerie! Ha ha!

Not very different from what you'd wear in pageants we're sure, you look so at home in a two-piece. Would you wear just bra and panties as *pambahay*, though?
Yes, sometimes *kasi sobrang init*. So sometimes panties and a *sando lang* when I go to sleep. And when I work out inside my room, I only wear sports bra and boy leg panties, *yung masikip*.

Hmm. What kind of workouts do you do?
Squats, push-ups, planks, *basta pang* workout *ng* abs *at pampalaki ng* butt. Ha ha!

Who benefits from those shapely butt and abs besides you, though? Are you seeing anyone?
Sa ngayon work *lang muna*...and friends.

Do your male friends have the same qualities as your boyfriends?
Hmm...no. Actually, *minsan lang ako nakikipagkaibigan sa lalaki. Mas marami akong* friends *na bading at babae kasi mas nag-e-enjoy akong kasama sila.*

Are you difficult to please?
As a girlfriend, honestly, *sobrang* easy to please, because I easily forgive. *Hindi ako yung* type *na nagtatanim ng galit.*

Really?
Oo. Lahat naman kasi ng tao nagkakamali. Nobody's perfect, and we all make mistakes.

What's the most *mahinhin* and most *brusko* you've been?
Most *mahinhin na yung* how I behave when I'm in a pageant. Most *brusko*...



paano ba? *Makulit at malikot lang kasi talaga ako pag kasama ko yung mga* friends *ko.*

We're at the beginnings of rainy season. Any indoor activities you can suggest to pass the time?
Just drink some tea? Ha ha! *Marami eh.* Read a book, watch a movie, listen to music, or just chat with friends.

But what's your favorite indoor activity?
When it's raining...exercising. **FHM**

ORIS
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BACK INTO THE DEEP

The critically acclaimed Oris Aquis Depth Gauge returns, now with a blackened case and a yellow rubber strap



PRODUCT FEATURES:

- Automatic movement Oris cal. 733, based on Sellita SW 200-1, with date window at 6 o'clock
- Multi-piece 46mm stainless steel case, screw-in case back and crown protection with black DLC coating. Water-resistant to 50 bar/500 meters
- Diver's unidirectional revolving top ring with tungsten inlay and minute scale
- Sapphire crystal, double domed with antireflective coating on both sides, featuring a milled channel that allows water into the watch as part of the depth gauge function
- Black dial with applied indices and Nickel hands, both with white Super-LumiNova® inlay
- Yellow rubber strap with Oris-developed safety anchor and quick adjustment sliding-sledge folding clasp
- Set includes waterproof case, additional black rubber strap and strap-change tools

The Oris Aquis Depth Gauge was hailed by the international press as one of the most innovative diving watches of the century when it was launched in 2013. It answered the challenge of how to build a depth gauge into a mechanical watch. It had a pioneering depth gauge function, developed and patented by Oris.

In keeping with the company's 110-year heritage, Oris's solution to producing a mechanical watch with a depth gauge was pragmatic, with an inlet in the crystal at 12 o'clock. Beneath that was a channel milled into the outside edge of the crystal covering the dial. The inlet allowed water into the channel, creating a watermark that corresponded to yellow depth gauge indications marked on the crystal, giving the diver a clear readout to a depth of 100 meters. Gaskets between the crystal and the case meant the watch was still water-resistant to 50 bar (500 meters).

The genius behind the function was in the application of Boyle-Mariotte's Law, which states that 'pressure x volume = constant'. In the case of the Aquis Depth Gauge, this means that as a diver wearing the watch descends into the deep, pressure builds, compressing the volume of air in the channel and allowing water to enter the watch through the inlet.

This lateral, Oris-patented solution appeared surprisingly simple to some observers, but it's typical of the Oris philosophy – to find a way of creating the best possible watch at the best possible price. The Oris Aquis Depth Gauge is a 'real watch for a real person', as the company strapline promises.

Now Oris has added a second version of the famous diver's watch to its line-up. The new watch has a yellow rubber strap that features two additional ground-breaking Oris innovations – the safety anchor that prevents the strap from breaking loose, even after a heavy impact; and the sliding sledge clasp, which enables the wearer to adjust the size of the strap without undoing the clasp.

The watch's 46mm steel case has a resilient, sporty black DLC finish, and the unidirectional rotating bezel inlay is made of tungsten, a material as hard as emerald. Oris's automatic Calibre 733, based on Sellita SW 200-1, beats inside the watch, powering a date window at 6 o'clock and a power reserve of 38 hours.



Ref. No. 733 7675 4754

QUICKFIRE ROUND

Bikini top or bikini bottom? Bikini bottom is sexier. I also think my butt is my better asset. Ha ha!
Sweet or salty? Sweet!
Drink from a glass, or use a straw? Use a straw. It looks clean and neat.
Back rub or foot massage? A back massage is more relaxing.
***Pogi* or macho?** *Pogi. Kasi yung* macho *ma-bi-build naman. Mas madaling mag-workout kesa magparetoke.* Ha ha!

Georgina's life this month



All smiles...and a bra sneak!



Sweaty is the new pretty



Being "*mahinhin*"



"I ALWAYS SMILE BECAUSE FOR ME, SMILING IS ATTRACTIVE– IT CATCHES PEOPLE'S ATTENTION"

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UPGRADE

WIN AT LIFE

GEEK

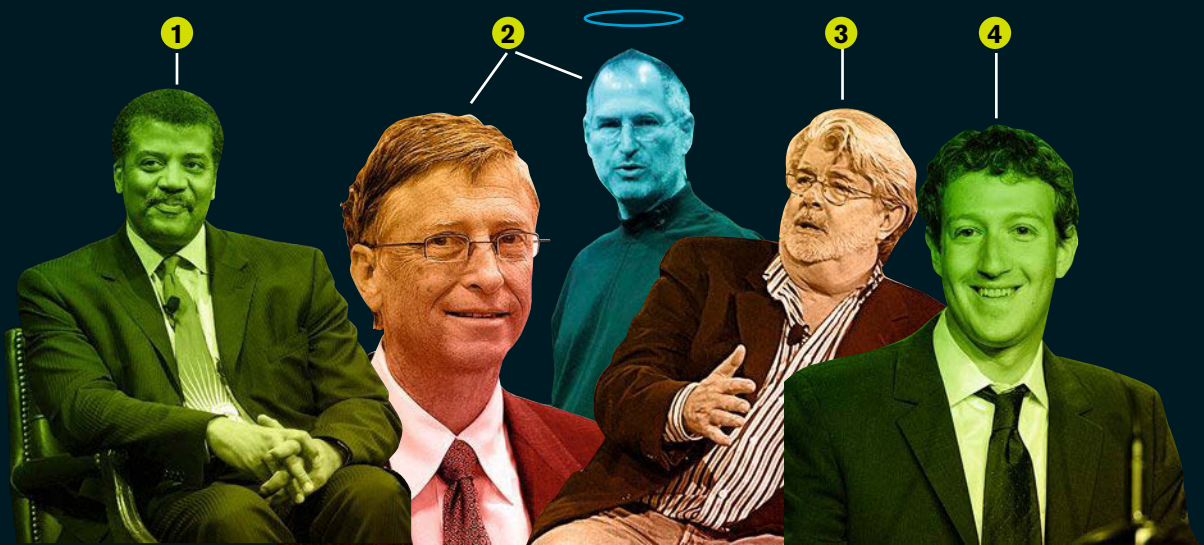
A CRASH COURSE IN GEEK

Time to get schooled by your once-baduy brethrens on the subject of world domination and cool. Yes, cool…

VINCE SALES

Oh, how the world has changed. It wasn't so long ago when being a geek was considered unsightly and laughable. *Spider-Man* briefs and copies of *The Dungeon Master's Guide?* So *baduy.* But not anymore. With pop culture dominated by science fiction and superheroes—and a worldwide economy powered by the tech and IT industry—it's a good time to be a geek. Let's face it: The nerds won. If you haven't been converted into a Treknobabble-speaking geek yet, don't worry. Here's where we make it easy for you.

1 ALPHAS, AKA THE GEEKS TO BE



1 Neil de Grasse Tyson
Heir to the throne of Carl Sagan, NdGT is an astrophysicist, TV show presenter, lecturer, and all-around smart guy. Think of him as the Neil Patrick Harris of science. Legen. Dary.

2 Bill Gates and Steve Jobs
They imagined a world where there would be a "personal computer" in every home. They were right. Now the world has gone one step further, and everyone has a "personal computer" in their pocket. Steve may have passed on into the Cloud, but Bill is still hard at work solving the world's problems through the Melinda and Bill Gates Foundation.

3 George Lucas
He's best known for both creating *Star Wars* with the original trilogy and ruining *Star Wars* with the prequels. What is often overlooked is how he changed the course of cinema with his production empire, which includes Industrial Light and Magic, and THX.

4 Mark Zuckerberg
Like it or not, this social media-obsessed world we're living in is due in large part to the coding genius of Mark Zuckerberg. Since the original The Facebook, he's been hard at work connecting the world even more, including parts without Internet access.

5 Stephen Hawking
One of the greatest minds of our generation, he's been hard at work trying to unite Physics with String Theory when he's not making cameos in *The Big Bang Theory.*



2 UNDERSTANDING GEEK SPEAK

A.K.A sh*t nerds say

"I find your lack of faith... disturbing."

Referencing James Earl Jones/Darth Vader in *Star Wars Episode IV: A New Hope.* If you didn't know that before, now you do. For additional geek cred, know that quoting lines from *Episodes I-III* isn't cool.

"...Scruffy-looking nerf herder."

Still on the topic of *Star Wars* quotes, this snippet is the geek version of saying "You're nothing but a second-rate, trying hard…copycat!" Extra points if you know what a nerf herder is. Tip: It's someone who herds hairy, space buffalos across the galaxy.

"KHHHAAANNN!"

Referencing *Star Trek* baddie Khan Noonien Singh (Indian in the old films, Benedict Cumberbatch in the reboot)—which when uttered expresses frustration, anger and mental anguish. It's also commonly used when confronted by bad acting.

"One does not simply walk into Mordor..."

"Walk into Mordor" sometimes replaced with any applicable action, such as "pass through Edsa during rush hour," and so on. Referencing Boromir (Sean Bean) in *Lord of the Rings*, now also a famous Internet meme. Huzzah!



"Frak you!"

Geeks, like born-again Christians, don't swear. They reference defunct TV shows like *Battlestar Galactica* instead.

"To crush your enemies, to see them driven before you, and to hear the lamentations of their women."

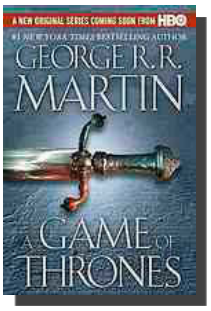
What is the meaning of life? When geeks get philosophical, they turn to Conan. The Barbarian. Not O'Brien.

3 ESSENTIAL READING MATERIAL

The Foundation series
Sci-fi master Isaac Asimov wrote and edited over 500 books, but if we had to choose just five, it would be the five books of the Foundation series. This is science fiction at its very best.

Dune series
A successful (not crappy) movie adaptation has yet to be made from Frank Herbert's original pages, so you'd best stick to the books. *The Dune* series is a universe-spanning story that happens over thousands of years. It's huge. It's epic. There's nothing like it.

The Lord of the Rings
In some people's opinion, the fantasy genre was born, and it died, with J.R.R. Tolkien's *LOTR.* Needless to say, this is a must-read. Extra points if you read *The Silmarillion*, a.k.a. *The Middle Earth History Textbook*, too.



A Song of Ice and Fire
That's *Game of Thrones* to the rest of you. Read the George R. R. Martin-penned originals, and you too can post spoilers on Facebook and troll the world.

Hitchhiker's Guide to the Galaxy
This "four-part trilogy" is a wild romp through the galaxy, and every page is a laugh.

The Watchmen
This graphic novel by writer/occultist/magician Alan Moore is about a group of alternate reality superheroes, the Watchmen, and naked blue guy, Dr Manhattan. It's one part superhero parody, one part cautionary nuclear tale, and all genius.

The Sandman series
Neil Gaiman rewrote all the rules by making comics for mature readers where the story was more important than the spandex. By injecting a dose of literary storytelling, he reinvigorated the medium and made it cool for grownups to read comics.

The Dark Knight Returns
Frank Miller's masterpiece is the take-off point for many of the Batman movies, such as Christopher Nolan's trilogy and Zack Snyder's upcoming, *Batman vs Superman.* But just as Colette's Buko Pie claims, "D'Original is still D' Best."

Crisis on Infinite Earths
DC Comics regularly reboots its universes with this series that crosses over into multiple titles. That way, it gives a new generation of readers a fresh place to start—and allows creators to put a new spin on old franchises. Whether you read the first one or the most current, you're in for a treat.



4 ESSENTIAL VIEWING

MASS EMBRACED



The Marvel Cinematic Universe
From *Iron Man* to *Captain America* to *The Avengers*, Marvel's domination of cinema is complete. Plenty to love for a comics fan—except *Spider-man.* That franchise belongs to Sony Pictures. But don't worry, Marvel and Sony are working out a deal.



Star Wars
By today's standards, it's no longer the special effects extravaganza that it was in 1979, but this is the series that launched a thousand spaceships. It placed geek culture in the hallowed place where it resides today.



Star Trek
There have been a total of twelve *Star Trek* movies to date and they've mostly been hit-and-miss affairs. The geeks have it all sorted out though: the even-numbered ones are the good ones, and *Star Trek II: The Wrath of Khan* is the best.



2001: A Space Odyssey
Mankind travels to Jupiter to discover a black monolith. Is it God? Aliens? Who knows? Maybe the psychotic killer computer HAL.



Mad Max
This post-apocalyptic "rock opera" has geeks in spasms of ecstasy because by and large, 70-year old George Miller (director of previous *Mad Max* films, and the reboot) manages to show everyone how "action flicks" are supposed to be done.



Serenity
Serenity is the Joss Whedon movie that followed the TV series, *Firefly*, which was killed by its network after only nine episodes. Thanks to the Internet and rabid fanboys, the movie was made, and it remains a sci-fi classic.

CULT-FOLLOWED

5 VIDEO GAMES EXPLAINED

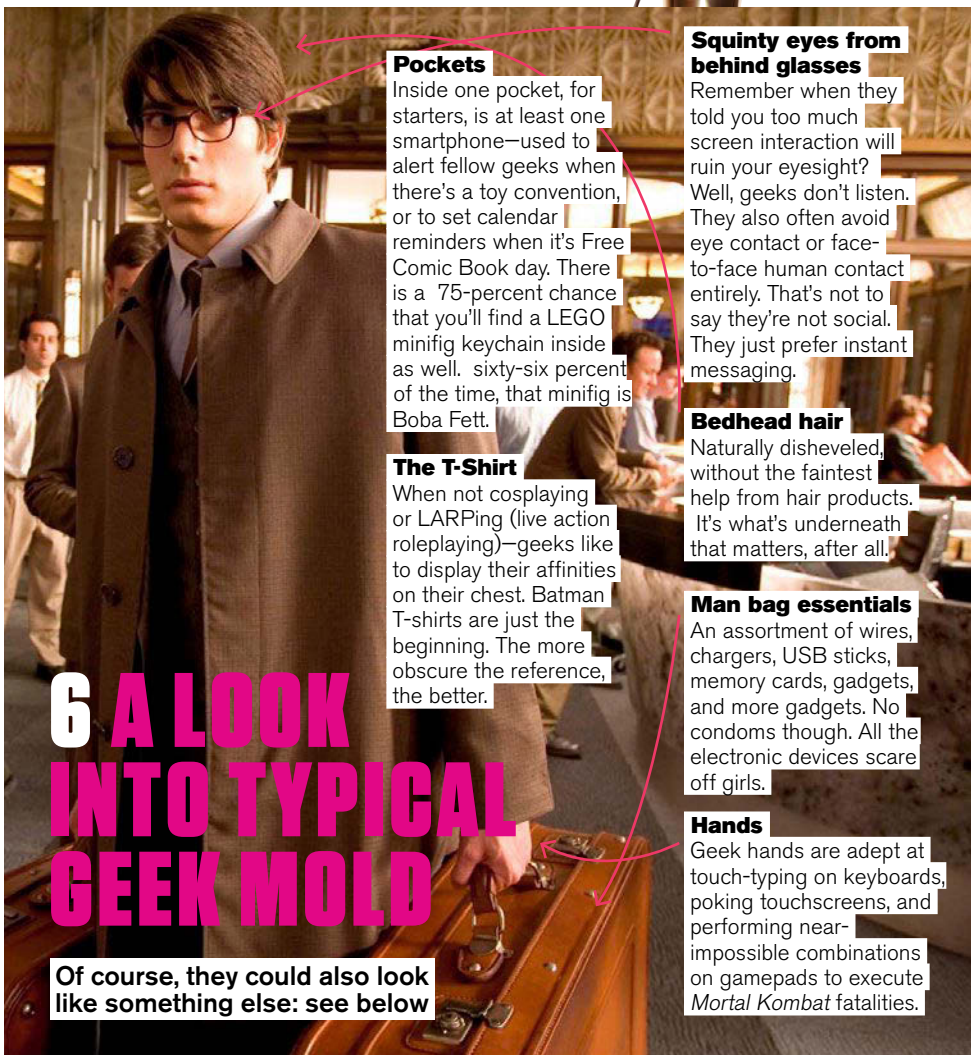
Civilization series
Civilization has got history, science, military tactics, and Gandhi lobbing nukes into your cities. What's not to love?

Half-Life series
You play a mute, crowbar-wielding scientist as mankind tries to survive an alien invasion. It's perhaps the best FPS ever made.



Bloodborne
If you like your games difficult, look elsewhere, because *Bloodborne* isn't difficult—it's insanely difficult. You will die. A lot. Perfect.

6 A LOOK INTO TYPICAL GEEK MOLD



Pockets
Inside one pocket, for starters, is at least one smartphone—used to alert fellow geeks when there's a toy convention, or to set calendar reminders when it's Free Comic Book day. There is a 75-percent chance that you'll find a LEGO minifig keychain inside as well. sixty-six percent of the time, that minifig is Boba Fett.

Squinty eyes from behind glasses
Remember when they told you too much screen interaction will ruin your eyesight? Well, geeks don't listen. They also often avoid eye contact or face-to-face human contact entirely. That's not to say they're not social. They just prefer instant messaging.

Bedhead hair
Naturally disheveled, without the faintest help from hair products. It's what's underneath that matters, after all.

The T-Shirt
When not cosplaying or LARPing (live action roleplaying)—geeks like to display their affinities on their chest. Batman T-shirts are just the beginning. The more obscure the reference, the better.

Man bag essentials
An assortment of wires, chargers, USB sticks, memory cards, gadgets, and more gadgets. No condoms though. All the electronic devices scare off girls.

Hands
Geek hands are adept at touch-typing on keyboards, poking touchscreens, and performing near-impossible combinations on gamepads to execute *Mortal Kombat* fatalities.

Of course, they could also look like something else: see below

7 ...AND NEW MOLD: AKA HOT GEEKS

Yes, they're female!

Natalie Portman
The undisputed Queen of the Nerds played such roles as Padme Amidala and more recently, Thor's girlfriend. She's also a Harvard graduate. Nerdgasm!



Anna Kendrick
Has, on occasion, tweeted about Apple's iWatch, Neil deGrasse Tyson (see alphas), *Lord of the Rings*, and *Game of Thrones.* And she's a gamer.



Olivia Munn
Revered by old fans in the geekiest of geek shows, *Attack of the Show.* And no doubt, by the new, with her stint as Psylocke in the coming *X-Men: Apocalypse.*



Alodia Gosiengfiao
Now broadcasting live from Japan in radio show Tokyo Geek Nights at FM vFuji Tokyo 78.6 (also on YouTube). Fo shizzle your geek nizzle.



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HOT METAL

THESE ARE THE TOYS YOU'RE LOOKING FOR

Nostalgia pieces and the recent in collectibles. Are you up for another recreational splurge?



Banpresto Attack on Titan Figure: Masters Stars Piece, Levi
Breaks apart in four pieces (legs, torso, arms, head), and assembles into a 10-inch nylon beacon of Shingeki No Kyojin geekery—includes cape, 3D maneuvering gear, and Levi's expressionless face.
Score for: P1,500, Greattoysonline

Lego DC Super Heroes Torch Night Light
Lights underfoot with a chest click. If the C-shaped hands didn't already give it away, the bendy legs plus detachable hands and head (and Batman mask) should remind you that, hey, it's Lego.
Score for: P2,029.75, Build City

Metal Earth: Star Wars Series
The adult version of cardboard cutout figures—with pieces that pop out of multiple four-inch laser-cut steel sheets. If things get tricky with the mini-pliers, you can have staff at Build City assemble the pieces into these already-built figures. Cheater.
Score for: P900 (R2D2, AT-AT figures), Build City

Ollie
An app-controlled robot that rolls. With removable tires and hubcaps for "driving" on different surfaces, at speeds of 22kph. This is what this generation's remote control cars have become: it spins, flips, and does other non-remote control car tricks that's as much for your kid nephews as it is for, let's face it, you too.
Score for: P7,899, Hobbes and Landes

PHOTOGRAPHY:
MARK JESALVA

WORDS:
KHYNE PALUMAR



Soul Of Chogokin Gx-31V 40Th Anniversary Voltes V
Chogokin in English means "super alloy"—Bandai could also mean a diecast, PVC, and ABS 10-incher with a spiffy metallic paint job, that can also go into Voltank mode. No need to pretend you aren't singing/whistling the theme music while "volting in" all five volt machines, then brandishing it with its sword or ultramagnetic whip (included). Now to find that villainy prince with the horns.
Score for: P10,300, Greattoysonline



Bandai Gundam Fix Figuration #1013 Rx-0[N] Unicorn Gundam 2 Banshee Norn (Awakening Ver.)
If you have to ask why the toy's name is a mouthful, you aren't occupied with enough head-down work piecing together this Japanese mobile suit's wings, weapons, trappings, and pairs of removable mecha hands. Off to work.
Score for: P9,700, Greattoysonline

Seven Deadly Sins: Lust, Asmodeus Action Figure
Call it a perv's doll, but this Asmodeus figure that turns into a Lust statue—with moveable parts (and underwear)—is a 1/8 scale of PVC beauty on a plastic mount. Google the "Gluttony" version and you'll see why over again.
Score for: P10,300, Greattoysonline



Lego Star Wars Desk Lamp
Operates like the Lego torch nightlight—but with a stand for mounting bedside. That extra glow from the (detachable) light saber also adds a geeky touch, if having a Star Wars desk lamp isn't already.
Score for: P2,129.75 (Stormtrooper), P1,429.75 (Darth Vader), P2,029.75 (Yoda Desk Lamp), Build City





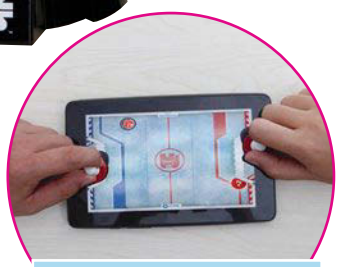




Metal Gear Solid V Ground Zeroes Snake Statue
Never mind if it's an unmaneuverable fixed piece that plonks on a stand (save for three interchangeable heads: with night-vision goggles, scarred, and the default face you see here). A real *Metal Gear* fan will appreciate the attention to detail on Snake's person—because Yoji Shinkawa (art director of Kojima Productions) himself saw the sculpting process through.
Score for: P9,300, Greattoysonline

Bandai S.H. Super Mario S.H. Figuarts
Return to Shigeru Miyamoto land with your favorite Japanese/Italian plumbers (fully posable and with replacable sets of hands). Plus the rest of the crew: toothy plants, pipes, bricks, and star coins. Don't forget to stomp on that mushroom with the evil eyebrows (note: toy will not flatten).
Score for: P1,550 (Luigi), P1,550 (Mario), P1,200 (Plants and accessories), Greattoysonnline





iPawn Air Hockey And Pool Billiards
Even if you can afford the real thing, these pocket-sized versions of billiards and air hockey are still fun to finger about. Better played on tablet devices, and with a second player, of course.
Score for: P899, Hobbes and Landes

Sphero with Chariot Accessory
A waterproof app-controlled robo-ball that moves at the swipe of any Apple or Android device. Stick your finger in over 20 free apps and it'll let you play golf for one, measure distances, even program commands. The built in camera and glow light (that changes into a million colors) should be fun too. Bonus trivia: Sphero cameos in the latest Star Wars installment as R2's assistant.
Score for: P8,899, Hobbes and Landes





HOW I DID IT

INTERVIEW:
TONI ANTIPORDA
PHOTOGRAPHY:
HEIDI PASCUAL-AQUENDE
MARK JESALVA

Ad man by day, comic book man by night

I've always wanted to create comic books. I've been collecting comics ever since I was a kid. I also had a *barkada* that loved to tell stories and create stuff, and this continued all through college.

I kept submitting stories, but I also kept getting rejected. Around college, I submitted stories to Marvel and DC but I kept getting rejected. I also tried submitting stories to the local comic book companies—my friends and I made our own little stories and submitted them too, but then the editors said they looked too Marvel.



I realized that we don't have to work for Marvel or DC–we can make our own comics. In 1994, Image Comics was set up by some of the top artists from Marvel at the time. One of them was Whilce Portacio, who then decided to come home and meet the different local comic book groups.

He said that we shouldn't be competing with each other. Upon his suggestion, we decided to form one group to help promote each other and promote local comic book stories, and that's how Alamat Comics was formed.

I became a freelance writer for five years after graduation. I had written for newspapers, magazines, MTV, the Discovery Channel, and my friends and I also got to work at a radio station. Then I got into advertising and I've been here for 16 years.

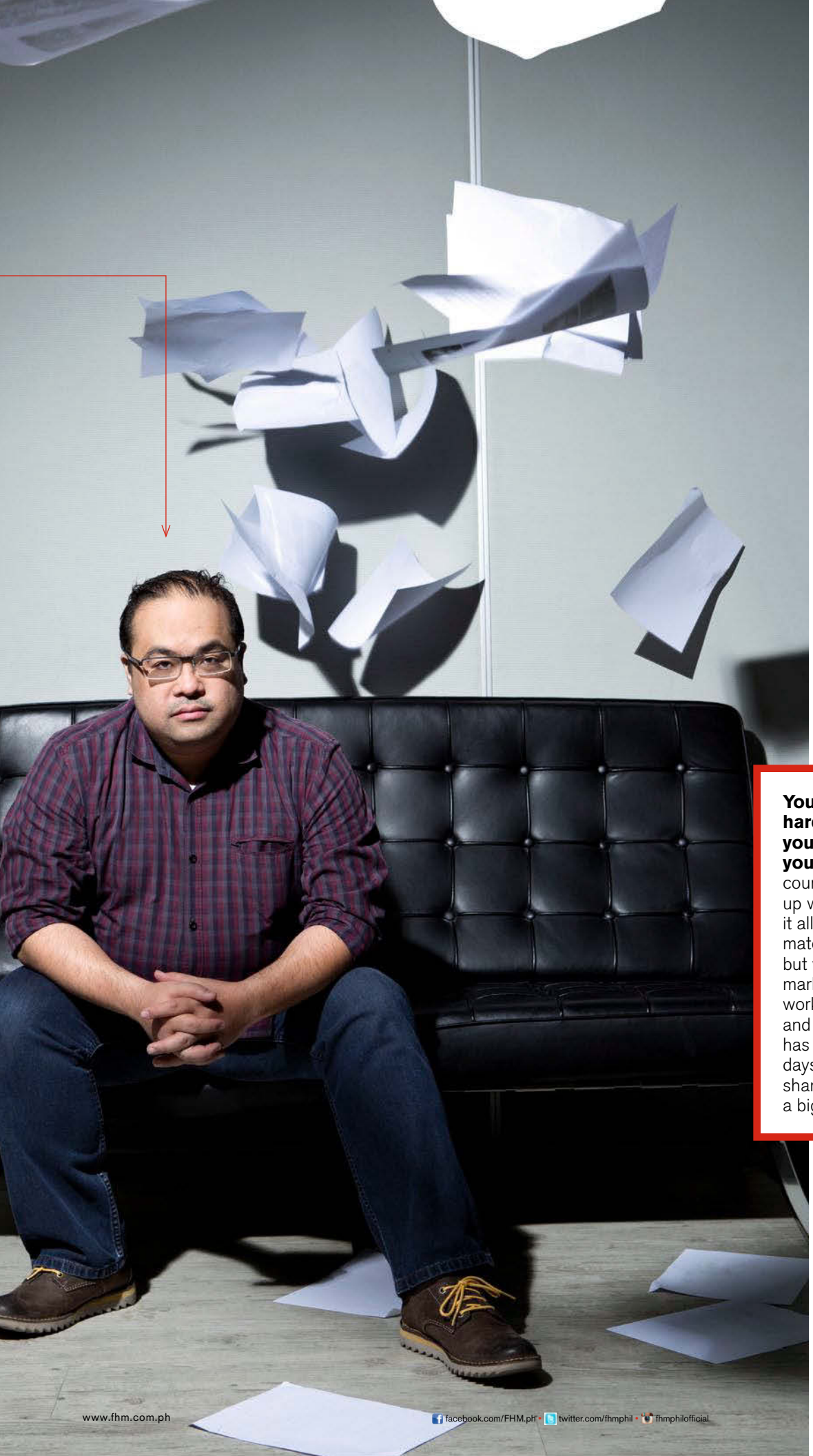
I used to do a one-hour radio show that dealt with the paranormal. One segment was about ghost stories set in the city, and the name of the host was Anton Trese, which my friend and co-host came up with.

It started with a text. In 2005, colleague Kajo Baldisimo sent me a text. At the time, we were both working for McCann on the busiest accounts and he invited me to do a monthly comic book. I said that's impossible! But then he told me to give him any 20-page illustration script and he would finish it in 20 days. I looked up my old files and found a story that I had written but had not finished at the time, and then Kajo gave me a deadline. I fixed it up, and that's how *Trese* started.

Two years later, it got picked up by Visprint, which is the publisher of *Zsa Zsa Zaturnnah* and *Kikomachine*. Since then, we tried to release *Trese* on a yearly basis, and now we're on our sixth book. So what I thought was an impossible thing to do became possible just because we did it, we gave each other deadlines, and, by some miracle, we got to finish all of these books.

You always hope that someone will like your work. Due to the nature of the work we do with the agencies, we get rejected every day. So we just thought of doing something for ourselves. We hoped someone would like it, but we weren't really thinking that it would be this successful.





CV

BUDJETTE TAN, 42

Currently:
- Deputy Executive Director, McCann Worldgroup Philippines
- Comic book writer, Alamat Comics

Educated at:
- Ateneo de Manila University, AB Interdisciplinary Studies
- Claret School of Quezon City

Previously worked at:
- MRM Worldwide Manila
- McCann Erickson Manchester
- Harrison Communications

We need money–I just wish we had enough of it so that we can keep doing what we want to do. Everything that we earn from *Trese*, we put back into *Trese*. We started to branch out with merchandise, like T-shirts, dolls, and even posters. Obviously, we really need to keep our day jobs to keep this passion—people call it a hobby—and continue what we're doing.

You really need to do the hard work of marketing yourself and promoting your work. As a writer, of course you're always coming up with the next idea, writing it all down, making sure the material shines and isn't boring, but we really don't have big marketing machines behind our work. Thanks to the Internet and social media, [promoting] has become a bit easier these days, so you have to do your fair share of marketing and reaching a bigger audience.

There will always be critics, but I think it's still important to tell the story the way you want it told. Kajo always says that the two most important readers of *Trese* are two guys named Budjette and Kajo. They are the first guys who get to read it, and they are the first guys who get to say if this is good or not, and if this can be better. That's how we roll. **FHM**



New Player

If the BYD S6 is any indication, Chinese cars will now be—get ready—desirable

WORDS:
PONG M. CASTILLO







If you are looking to sport a macho SUV to impress the ladies on the road, the BYD—that's short for Build Your Dreams, btw—probably wouldn't be on top of your mind. The Chinese automobile manufacturer wins at the fuel efficiency, eco-friendliness department with its electronic cars and subcompact sedans fast making a mark in the market, but not really in the race of SUVs. Or that's what we thought.

The BYD S6 here not only looks the part of a bulky roadrunner, but also boasts many other features that make a classy vehicle for city driving, and functional SUV for off-road trips. It's a little bit of everything you need when faced with unpredictable roads.

So is it really the stuff dreams are made of?



SPECS

Engine:
2.4L 4-cylinder, 16 valve, multi-point fuel injection

Transmission:
6-speed AT / Dual Clutch Transmission (DCT)

Maximum torque:
234Nm @ 4,000 rpm

Maximum power:
165hp @ 6,000 rpm

Score for:
P1.258 million

"Unpredictable roads"–what do you mean exactly?
Oh you know, the usual driving conundrums: midday traffic, erratic weather changes that lead to flooded streets, and narrow detour roads. Although the S6 is bulky, it is equipped with six radar-parking sensors to help you squeeze in *eskinitas*, and has a 190-mm ground clearance to help you wade through *baha*. Hours stuck in traffic shouldn't be a problem, too, with its integrated multimedia system and seven-inch touch-screen monitor to keep you entertained.

Fancy. How's the ride, though?
Smooth. Some SUVs beat you up inside when driving through rough roads, but the S6 is equipped with a McPherson strut suspension that lessens the impact of wheel motion (aka less *tagtag*). It can't fit 10 of your friends, but whoever's hitching will be comfy in the S6's spacious interior that can fit five to six passengers. We say six because, well, don't we Pinoys love being close to one another?

BYD's sedans and electronic cars are quite impressive. How efficient is the S6 in the fuel department?
This one would definitely cost you more than the subcompacts. It runs on a 2.4-liter, six-speed automatic dual-clutch transmission engine and averages about seven to eight kilometers per liter. The five-speed manual transmission variant is at 2.0 liters. With the SUVs in the market, it's not really how far it can take you per liter, but more like how efficient it gets in bumper-to-bumper traffic situations.

It's a big vehicle all right, but would the missus be intimidated if she has to use it?
Not really. This might interest ladies more because of its driver-friendly features. Starting an S6 engine is literally as easy as a push of a button with its push to start-and-stop button, and alarms are set by a smart key system. If the missus has to park in a dark alley, electronic folding side view mirrors should be of help. It has built-in cameras, too, to guide the driver when parking.

Cool features, but let's get down to business: How much would that cost me?
Well, you really have to pay the price of quality and sophistication. This award-winning SUV* is priced at P1.168 million for manual transmission, and P1.258 million for automatic dual-clutch transmission. It's a good deal because it goes with a five-year service warranty. Just make sure not to crash your dream car after that.

* SUV of the Year, 2011 Annual Ranking of Automobile

Mazda2 gets Skyactiv

Multi-awarded touring race-car driver Edwin Rodriguez gives us a peek at his brand-new toy



Champion racecar driver Edwin Rodriguez's engines have never seemed so ignited as he readies himself for what he and Mazda hope to be a three-peat championship. Get a load of what he and his new and improved Mazda2 have got in store for his competitors at the Division 3 (100-hp class) of the 2015 Philippine GT and PTCC 2015 Series…

As a local racer, how does it feel to finally get support from a car company?
I really feel blessed to have such good people behind me. It was just my wish that someday there would be this kind of support for my racing career. Mazda Philippines has made my wish come true.

How different is the Mazda2 Skyactiv from the older Mazda race cars you've driven?
Our old model Mazda already gave us two championships, but with the new Skyactiv technology inside the Mazda2's more powerful engine, we will surely give everyone in the division a great battle. I really want to give Mazda a three-peat.

What exactly is this Skyactiv technology?
It's a totally different car from what we've been racing previously. In Skyactiv technology, we are basically talking about the suspension, the chassis, and the drivetrain. The engine is very responsive, and the drivetrain is a six-speed manual. For the suspension and chassis, they are very solid and precise.

What's your favorite part about the Mazda2?
Oh, it's a very sexy car. Just look at its front, it gives it a totally different façade from the older ones. It's the sleeping giant of the upcoming race because we're the underdog of the Division 3 series.

Why call yourself an underdog when you've won the race back-to-back two years running?
We say that because the upper limit for the engine power for the Division 3 is 100 horsepower while the Mazda2 only does about 85 horsepower on a good day because of the limited parts for the racecar.

How do you expect to compensate for the lack of horsepower the Mazda2 has?
What the Mazda2 lacks in straight-line speed, it makes up for with its cornering. When you see our competitors first to make it to the corners because of their superior speed at the straights, you'll see the Mazda2 quickly close the gap and overtake them at the turns with its superior handling capabilities and steering accuracy because that's where the Skyactiv technology truly shines.



INTERVIEW: **CHISE ALCANTARA**

Wake up

...to the realities of sleeping, and decide for yourself if the shuteye you get is any good

People who don't sleep regularly are 10 times more likely to go into **depression.**

New parents lose an average of **1,055 hours** of sleep in the first year of their child's life.

The average person will spend one-third of his life sleeping.

For an adult, sleeping **over nine hours** per night is just as bad as sleeping **six hours or less**.

People who only sleep **five hours** or less daily are more likely to gain weight than those who sleep more.

A nap that lasts for **15 minutes** is most ideal for a person looking to recharge.

The average person can survive two weeks without water but only **10 days** without sleep. Lack of sleep leads to hallucinations, paranoia, blurred vision, slurred speech, memory lapses, and eventually, death.

It takes an average of **30 minutes** for a person to fall asleep. However, stress, medications, anxiety, and insomnia may prolong the process.

A person usually wakes up at least **twice** in the middle of the night.

Experts estimate that nine percent of women and 24 percent of men suffer from sleep apnea, a disorder that causes sufferers to stop breathing several times during sleep.

Around 15 percent of the world's population suffer from sleepwalking.

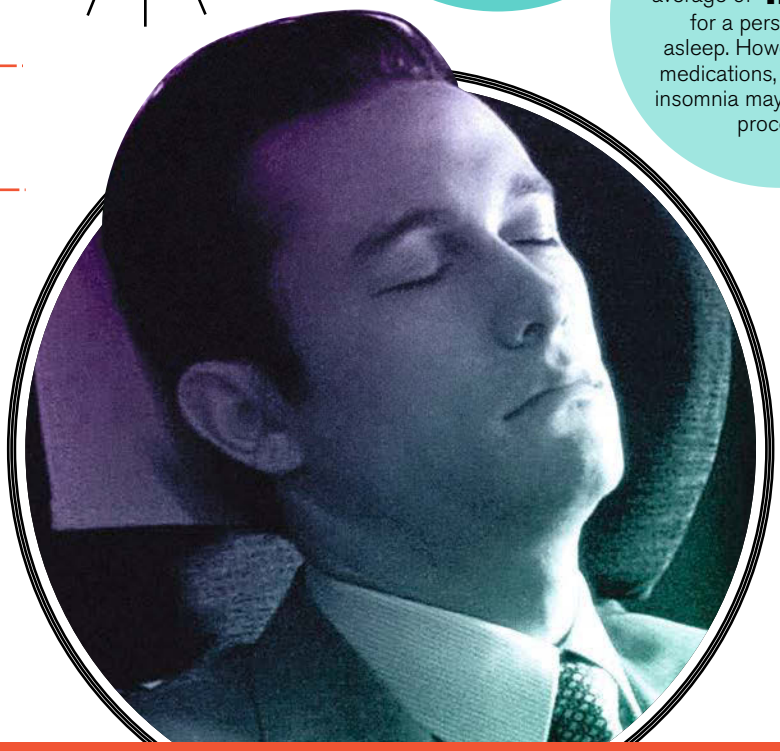
A Duke University study suggests that women need one extra hour of sleep per night compared with men, since they experience more mental and physical consequences from inadequate rest.

Rapid eye movement (REM) usually occurs 90 minutes after a person has fallen asleep.

Pulling an all-nighter can reduce a person's capacity to study and remember new facts by 40 percent. Fortunately, a nap as short as six minutes can improve your memory.

The documented record for the longest period without sleep is 264 hours, or 11 days, held by Randy Gardner, a teener from California.

People who work graveyard shifts are five times more likely to fall asleep on the job than nine to fivers.



The average person spends six years of their life dreaming.

One in four married couples sleep in separate beds.

The average dream lasts between 10 to 15 minutes.

Sleep disturbance becomes greater at altitudes of 13,200 feet or more, due to diminished oxygen levels and changes in respiration. Fortunately, most Pinoys adjust to new altitudes in two to three weeks.

BE A KNOCKOUT ARTIST

Sleep deeper by trying these four simple methods

Sweat it out. Morning or afternoon exercise helps you fall asleep faster in the evening. Just make sure not to exercise before bed, since the endorphins your body produces after a workout tend to have the opposite effect.

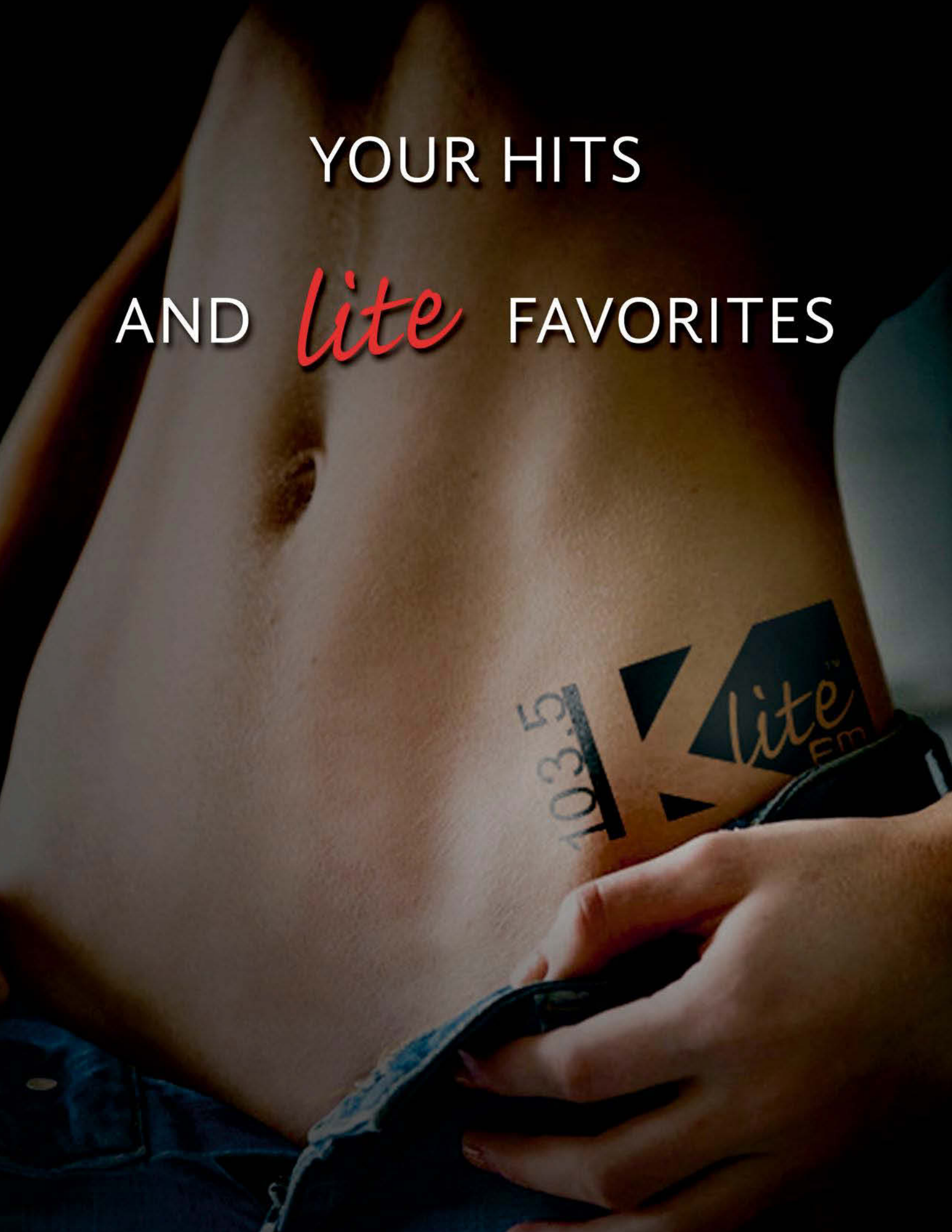
Ditch the caffeine. Caffeine lengthens the second portion of your sleep cycle (where your brain starts reorganizing itself), it ultimately shortens phases three and four, where REM sleep and dreaming occur.

Cut back on screen time. Electronic devices harm our sleep cycles because its bright lights confuse the brain into thinking that it's morning instead of evening. So turn off your gadgets an hour or two before bedtime.

Take a supplement. Sleepasil contains a special blend of melatonin, valerian root, chamomile, and wild jujube that'll help you sleep more soundly. It's not a sleeping pill, and hence has no side effects.



WORDS: MIKEY AGULTO


YOUR HITS
AND lite FAVORITES
103.5
lite
FM

TRUE STORIES

When it rains, it pours



ILLUSTRATION: **GILBERT DAROY**

Put a sock in it

I was a plain shirt, maong pants with rubber shoes kinda guy back in the day. One day, a girl I liked phoned our house and asked me to come over their house and help her out with our math assignment. I got really excited and nervous. I wanted to look good for our "study date" so I borrowed my tito's semi-formal shoes. They were a little too big for me, so I wore three pairs of socks to fill the extra space inside the shoes. I also wore a polo and finished off with a touch of perfume before driving to her house.

Sadly, just as I got out of the car, it started to rain. I ran to their doorstep where there was a covered area. She was already standing at the door—watching me run towards her, when one of my shoes got stuck in the mud. I stepped on the ground and my triple layered socks soaked up a lot of water and mud. It was a really awful sight, but luckily, she had a sense of humor. We laughed it off and continued with the study date. But not before I had gotten rid of the socks.

TristanC via Bullboard

Eyes up front

I wanted everything to go perfect for our first date but fate and stupidity said otherwise. It was raining so I said that I would pick her up at her house but she didn't want her parents to know she was going out on a date so I had to pick her up at the corner street. My view was kind of murky because of the rain and I didn't notice the pothole next to her and my car's wheels splashed a lot of water on her. Thank goodness she was understanding, and forgave me for what I did. I offered her my shirt to change into so she moved to the backseat to get changed while I drove us to the restaurant. It didn't occur to me how bad of an idea it was for her to change behind me because I couldn't keep my eyes off the rearview mirror as she stripped off her wet clothes. I hit a car that was waiting at a traffic light because I hadn't noticed the light turning red.

Melody via Bullboard

Trapped

I just finished working out at the gym so I went to the locker room to take a bath. It was still really quiet after I took my bath so I was convinced that no one was there. I decided to take a dump inside one of the cubicles to take advantage of the privacy I had. After I did the deed, I put my towel back on and was ready to exit the cubicle. Once I opened the door, a vision of a really fat, naked Korean man greeted me. We locked eyes for a good two seconds. Out of extreme awkwardness, I slowly closed the cubicle door. Once I had realized the awkward position I was in, with him just being outside and me closing the door on our intimate moment, I decided that the safest thing for me to do was wait inside the cubicle until I heard more people come in to diffuse the awkwardness in the air. I stayed in that cubicle playing Flappy Bird for a good ten minutes until a group of people finally came into the locker room.

RakNaItu via Facebook

Too tight for comfort

We went to Boracay for our company outing. I was really excited for the trip since it was my first time there. Thanks to my frequent visits to the gym, my body was summer-ready. I even bought my first pair of Speedos to exhibit my hard-worked package to my cute officemates. We were playing some beach volleyball when it suddenly got hotter so I thought that this was my chance. I told my officemates I was going to take a swim for a while and then I gracefully stripped-off my board shorts in front of them, exposing my greatness. I had just reached waters that were waist-deep when I heard the voice of my office crush behind me. I turned around to see her taking off her shirt and exposing her unexpectedly huge breasts. She told me if I could hold her shirt for her while she takes a dip. I said, "Sure thing," while trying to hide my massive erection that was protruding from my beach trunks. Watching her splash around didn't help my condition much so I just visualized the pimples on my ugly boss' face to make my boner subside. And that's the last time I ever go out in something so tight.

Asin_Tado via email

TRUE Babe STORY



Anne Stockton

I was taught by my parents to leave my footwear by the door when entering the house. There was this one time when we went for a drive. When we got to our destination, I got off the car barefoot! My family and I kept on wondering where my pair of shoes were, and then I remembered leaving them exactly where the car was parked when I got in. Ha ha! We had to drive back to retrieve my shoes, which was exactly where I had left them. I was trained well, I guess! Ha ha!

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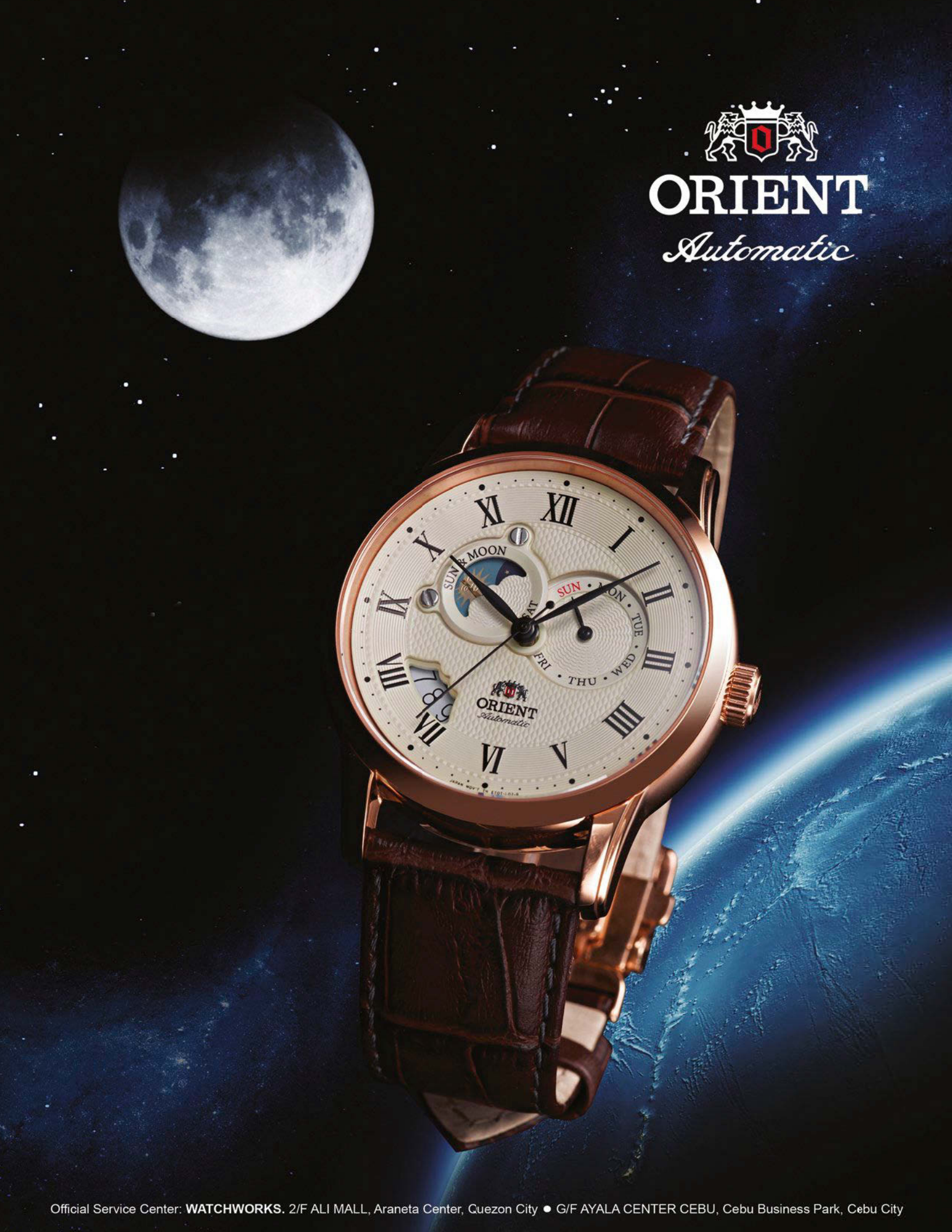
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IN THE WORLD 2015



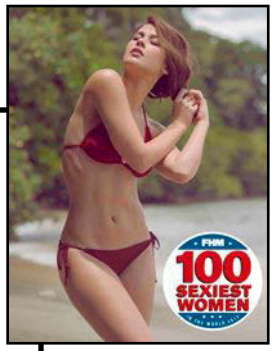
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ASC REF. NO. P046P103014P

FHM 100 SEXIEST WOMEN IN THE WORLD 2015

WELCOME!



Just when we thought things couldn't get any hotter, the country's most anticipated campaign has come to this: Jennylyn Mercado—award-winning actress, original *StarStruck* queen, pregnant even before her *FHM* cover debut (January 2008) was released—becomes the first mother crowned the sexiest woman in the land. Eight other strong-willed hot mommas join her in this year's luscious class, which also includes: two premiere cosplayers, four hypnotic DJs, four volleyball headturners, 4 G-force-defying racers, 15 homegrown *FHM* bombshells, three PBA courtside stunners, a jaw-dropping stylist, a breathtaking UFC Ring Girl, and a retired, but still oh-so-magnetic, Japanese AV goddess. As usual, your choices are impeccable—thank you for always keeping the list stimulating and distinct. To celebrate your passionate sense of diversity, we're bringing you the first ever *FHM* Bro-Con on July 11, 10 a.m. to 6 p.m., at the SMX Convention Center. The event guarantees nothing but loads of riproaring and rock-out fun, courtesy of our valued and very generous sponsors and friends. Plus, you can expect a number of our 100 Sexiest winners to be there and celebrate their victory with us. Tickets—available now at www.smtickets.com—are priced at P150 each. Check out FHM.com.ph and our social media pages for more up-to-the-minute details. We hope to see you all there!

Allan

FHM BRO CON



JAKE VERZOSA

100 KIM LEE

RETURNING

Moving testaments to Kim Lee's hotness:

1 The Hangover
2 Kanye and Jay Z's "Niggas in Paris" music video
3 KimKat DJ sets
4 This photo

ON THE PLASTIC WRAP: Ellen Adarna; Courtesy of Bench; Andrea Torres; Doc Marlon Pecjo; Rachel Anne Daquis; Jake Verzosa; Maria Ozawa; Wesley Villarica
ON THE COVER: Xander Angeles

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99
SHAINA MAGDAYAO

LAST YEAR: 77

Good lord, she had just taken a mother role in a *teleserye*! Our move: to put her on the cover before time runs out!

98
CHA CRUZ

NEW ENTRY

Is volleyball now more popular than basketball? Has any muscly hoops player landed on this list? Not ever. But here's V-ball's Cha, flashing the smile of a true winner.



96
CARLA ABELLANA

LAST YEAR: 65

Dimples: "defects" born into 120,000 babies each year, due to shortened facial muscles. Defects?! They're what allow women to get away with just anything even without talking. Just look at Carla…can you resist?



99 COURTESY OF BENCH; 98 CHA CRUZ'S INSTAGRAM ACCOUNT; 97 EJAY LEUNG; 96 COURTESY OF BENCH; 95 COURTESY OF GMA ARTIST CENTER; 94 EJAY LEUNG; 93 ANDI EIGENMANN'S INSTAGRAM ACCOUNT; 92 SANYA SMITH'S INSTAGRAM ACCOUNT



97
KOOKAI SARMIENTO

NEW ENTRY

Kookai once confessed she dreamt of becoming a "bold star." We lost all brain functions after that.

95
KRIS BERNAL

LAST YEAR: 86

Gone are the days you only thought of her as a pint-sized Marian Rivera. Just look: there's nothing tiny about Kris Bernal's, erm, stuff. Not as far as everyone voting is concerned.





94
GREY GOMEZ

➔ NEW ENTRY

In boorish American English, you spell her name "gray," while proper English English has it down as "grey." We like the fact that she rolls with the latter because this girl is C.L.A.S.S.Y.



93
ANDI EIGENMANN

↙ LAST YEAR: 66

We can now add Andi to the long list of fresh MILFs we would still love to have pose on our rag. She should celebrate getting her pre-mommy body back by having a shoot with us!



92
SANYA SMITH

↙ LAST YEAR: 84

Sanya's aphrodisiac playlist: *Weekend* (Jai Wolf Remix), Mocki; *Two Weeks*, FKA Twigs; *Wicked Games* (nosleep remix), The Weeknd; *Set It Off*, Diplo. For full effect, play these on repeat, with Sanya in mind.

91

APRIL GUSTILO

NEW ENTRY

We sometimes imagine our how our lives would be if April Gustilo would just randomly appear in front of us to say, "Congratulations!" whenever we did anything good.

90

ALEX MORENO

LAST YEAR: 85

With an Instagram handle like @ladykisser082, Alex reminds us how confused our emotions get whenever we come across hot girls like her who like other hot girls. Though we guess you guys can figure out how we view lesbian relationships—in HD.

89

KAREN BORDADOR

LAST YEAR: 55

The DJ/host/actress/singer/entrepreneur/model dislikes spreading herself thin. Can't you tell from the multiple slashes?



91 PAOLO PINEDA; 90 RIA REGINO; 89 PAOLO PINEDA; 88 MARA AQUINO'S INSTAGRAM ACCOUNT; 87 ENGELL JARILLA; 86 COURTESY OF TOP GEAR PHILIPPINES; 85 ROY MACAM; 84 EJAY LEUNG





85 BIANCA PERALTA

LAST YEAR: 76

She calls herself Queen B, probably because she leads an entire pack of the most sought-after *FHM* homegrown babes. We say keep it up, Bianca!



84 NINA SAPUTIL

NEW ENTRY



87 KYLIE PADILLA

NEW ENTRY

She is single again...

YES!



88 MARA AQUINO

NEW ENTRY

There's just something about the way this sprightly PBA courtside reporter says things that made hoops fans take notice even way back in her NCAA days. Sample in an exclusive *FHM* interview please?



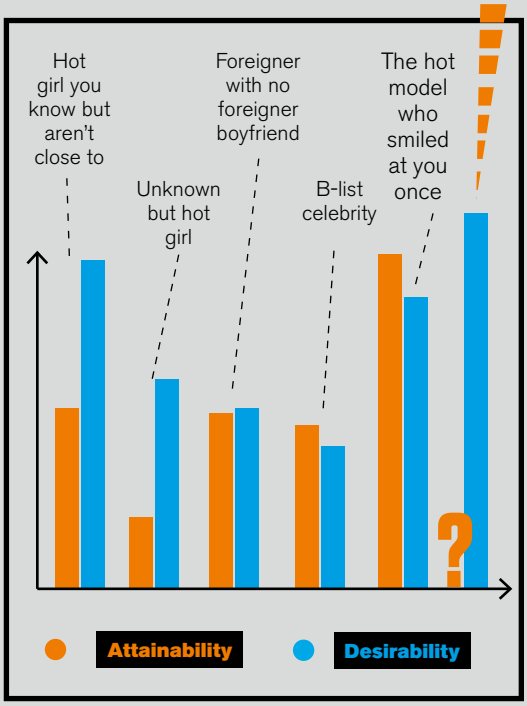
86 RHIAN RAMOS

LAST YEAR: 70

Rhian Ramos + Luis Alandy =✗!

Rhian Ramos + Mo Twister =✗✗✗✗✗!

Rhian Ramos + Glaiza de Castro =✔✔✔✔✔✔✔!!!



Desirability vs. attainability of women in the club



83
MAXENE MAGALONA

RETURNING

Artists Maxene has chameleoned into in *Your Face Sounds Familiar...*

Sweet



Arianna Grande



Pilita Corales



Francis Magalona



Taylor Swift



Madonna



Paris Hilton

Slightly uncomfortable



82
ARIELLA ARIDA

NEW ENTRY

Pitchfork-wielding netizens have recently criticized Ms. Arida for her *barok* English accent at her recent hosting stint. We guess this is one of those, "*Ano po'ng ipinaglalaban natin*?" moments we've heard so much about, huh?

81
AICA SY

LAST YEAR: 74

She has been a Hottie, an Online Babe, a Gravure girl, and one of the country's Sexiest for a while now but all this just doesn't feel enough. How about we make up new excuses, er, features just to shoot her anew?



80
CHRISTINE HALLAUER

LAST YEAR: 67

The best thing about being a fight ring girl is having a bunch of muscly guys with lethal skills for friends. We're lucky we're on good terms with this OneFC charmer. *Resbak*!



79
GEORGINA WILSON

LAST YEAR: 75

Georgina's got a thing for world domination. Slowly she built an empire by being on billboards everywhere—and now she models for her own eyewear line. After *Asia's Next Top Model*, expect her to keep doing *FHM*-approved stuff.



78
EHRA MADRIGAL

LAST YEAR: 23

She may not be as active in showbiz as her sister Michelle is, but Ehra is still on this list for an obvious reason. It's that cute face, right?



77
ASHLEY CAYUCA

NEW ENTRY

If you're one of the 16,000-plus Instagram followers of stylist, entrep, and official WAG that is Ashley, there's no question why she made it. A more pressing question would be, what took you so long to have her here?

83 MAXENE MAGALONA'S INSTAGRAM ACCOUNT; 82 ARIELLA ARIDA'S INSTAGRAM ACCOUNT; 81 EJAY LEUNG; 80 JERICO MONTEMAYOR; 79 COURTESY OF BENCH; 78 DOC MARLON PECJO; 77 XANDER ANGELES



76 ARCI MUÑOZ

RETURNING

When we first saw Arci rock the stage with her killer moves, we tweeted about her with the hashtag #RakNaltu. It didn't trend, but we got our message across. We think.

74 PHOEM BARANDA

LAST YEAR: 59

Things people say about female drivers

- Can't park, especially parallel-park
- Bad with intersections
- Shorter, and therefore have poor visibility

Why it's not true



Vios Cup champ

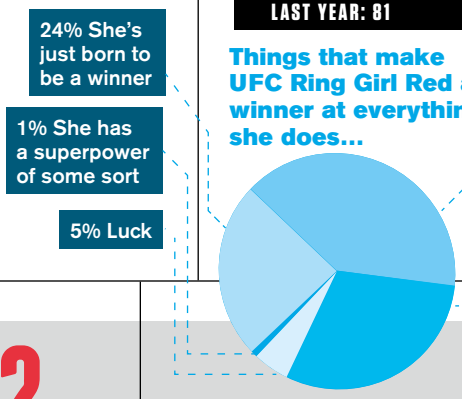




71 RED DELA CRUZ

LAST YEAR: 81

Things that make UFC Ring Girl Red a winner at everything she does...



75 JULIA BARRETTO

NEW ENTRY

While the Barretto girls may not match the star power of the Kardashian/Jenner girls (Caitlyn included!), Julia is pretty much our very own Kendall with her young-sister-upstaging-older-sisters rise to power. Sibling rivalry is great when it works that way!





73 GWEN ZAMORA

RETURNING

We wonder how Gwen would react if we took her out on a date and suggested *kwek-kwek*. We mean, we would definitely eat it if she offered us some. Hell, we'd probably eat anything she offers us!

72 MEGAN YOUNG

LAST YEAR: 49

She's the first Pinay to ever snag the Miss World crown–and clearly she's topnotch in all other aspects of life.



Win

- Her social media handle, @meganbata
- That Oxford University speech
- Reprising *Marimar*
- Snail mail with Megan Young stamps

Still winning

76 DAIRY DARILAG FOR MEN'S HEALTH PHILIPPINES; 75 COURTESY OF STAR MAGIC; 74 DOC MARLON PECJO; 73 GWEN ZAMORA'S INSTAGRAM ACCOUNT; 72 MEGAN YOUNG'S INSTAGRAM ACCOUNT; 71 EJAY LEUNG; 70 JULIA MONTES' INSTAGRAM ACCOUNT; 69 EJAY LEUNG; 68 ALYSSA VALDEZ'S INSTAGRAM ACCOUNT; 67 SARAH GERONIMO'S INSTAGRAM ACCOUNT; 66 DOC MARLON PECJO



30% Pure Pinay looks + a body that's not of this earth

40% Work ethic

69

DEBBIE GARCIA

➔ NEW ENTRY

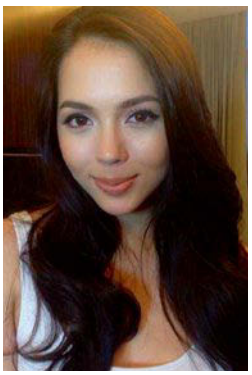
Ha, 69! It's pretty fitting this homegrown babe, whose body instantly makes you think of dirty thoughts, comes in at No. 69. When will men stop making 69 jokes? (Never!)

70

JULIA MONTES

LAST YEAR: 73

Julia used to be Clara to Kathryn Bernardo's Mara. Now she's just basking her German-Filipina genes in the light of a burgeoning showbiz career, while on weekends being an admitted shut-in. We want her out!





68

ALYSSA VALDEZ

➔ NEW ENTRY

Alyssa is pretty and sexy, no doubt. We're head-over-heels in love with her smile. But she's also scary—as in what-if-she-did-that-spike-to-my-crotch scary. Intense.



67

SARAH GERONIMO

LAST YEAR: 62

YOUR SCORE

100+++

YOU ARE A WONDERFUL SINGER AND YOU SHOULD BE ON THE COVER!



66

ROCHELLE PANGILINAN

LAST YEAR: 44

- ☒ Get, get... aww!
- ☑ Bubble Butt
- ☒ *Spageting pababa*
- ☑ That black strap in last year's July cover


100
SEXIEST
WOMEN
IN THE WORLD 2015
Nights of the week, ranked:
SUN
MON
TUE
WED
THU
FRI
SABADO NIGHTS!
65
INA RAYMUNDO
RETURNING



64
PAULENE SO

LAST YEAR: 45

What some of you might not know is that Paulene is a product of this little tilt we held in the halcyon days called Girls Next Door. Funny how that sounds ancient now and Paulene doesn't, right?

63
MAICA PALO

LAST YEAR: 80



62
NICOLE ALEXANDRIA

LAST YEAR: 88

A HAIKU FOR NICOLE

Nicole, oh Nicole/
You make me want to–you know?/
Be your kids' father



Say the words "two," "homegrown," and "humongous" in one breath and there's a 46.78-percent chance Maica Palo springs to mind. If that doesn't work for you, then there's a 50-percent chance you're not 100-percent dude.

65 TOTO LABRADOR FOR MEN'S HEALTH PHILIPPINES; 64 PAULENE SO'S INSTAGRAM ACCOUNT; 63 PAOLO PINEDA; 62 SHAIRA LUNA



60
JULIE ANN SAN JOSE

➔ NEW ENTRY

Women with single names, strictly no surnames: foxy. Women with double names: juvenile. But we think this is about to change with Julie Anne.



61
GRETCHEN HO

↗ LAST YEAR: 100

People who watch women's volleyball for the women

Who they all agree to watch

People who watch women's volleyball for the volleyball



59
LHEA BERNARDINO

↗ LAST YEAR: 69

Lhea has done sexy selfie tutorial videos for *FHM*. YouTube it now, and try not to add to the list of inappropriate comments on the page. Try really hard.

58
ANGELA GABRIELLE

↗ LAST YEAR: 71

"A selfie a day keeps the doctor away," or something like that. We don't know about you guys but looking at nurse Angela's cute selfies makes us feel a little bit better inside.









57 YASSI PRESSMAN

LAST YEAR: 78

Sometimes we catch ourselves imagining what it would be like for Yassi to introduce the video to "Turn Down For What." What's that pulsing thing on the video, Yassi? Okay, we won't subject a sweet thing like you to such torture.

55 MICHELLE MADRIGAL

LAST YEAR: 17

Key factors in winning a basketball game



53 JAHZIEL MANABAT

LAST YEAR: 36

There are always people who complain about seeing the same girls at car shows, but do they ever complain about seeing the same cars? Because we see a lot of repeat metal too. More Jahziel any day please.



56 ORNUSA CADNESS

LAST YEAR: 35

Words that rhyme with Ornusa's last name (that also sum up what she's all about)

- Hotness
- Goddess
- Grandness
- Rad-ness
- Hot mess
- Madness

54 ABBY POBLADOR

LAST YEAR: 38

Top three sex tips from Abby we'll never forget

Groaning: "I want to know how bad you want me, and when you groan and grumble like Spartacus between thrusts, it drives me crazy and encourages me to perform better."

Sex toys: "*Kahit gaano pa ka-pasmado ang kamay ng* partner *mo*, it can't match the wonders that even the tiniest vibrators can do!"

Blowjobs: "Nothing beats a slap to the face with his thing after giving my oral! For me it's just another way of saying I did a great job."



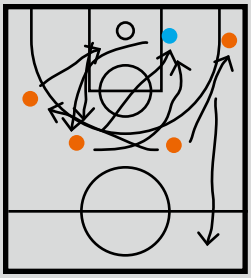
61 DAIRY DARILAG FOR MEN'S HEALTH PHILIPPINES; 60 GMA RECORDS; EJAY LEUNG; 58 ROY MACAM; 57 YASSI PRESSMAN'S INSTAGRAM ACCOUNT; 56 ORNUSA CADNESS' INSTAGRAM ACCOUNT; 55 BJ PASCUAL; 54, 53 EJAY LEUNG



52
RIZZA DIAZ

LAST YEAR: 97

Here's our play. Whatever you do, drive towards her!



51
JASMINE CURTIS-SMITH

NEW ENTRY

Can you speak about Jasmine without referring to her sister yet? We just failed that right now, but we think that day is coming very soon. This is the kind of dynasty that we're okay with.



50
LOVI POE

LAST YEAR: 37

You're sort of scared of Lovi Poe, aren't you? Her abs are much more solid than yours. Just imagine to what ends she can use her core strength!

49
NADINE LUSTRE

NEW ENTRY

The need for fresh blood has never been more urgent, and *Diary ng Panget's* Nadine Lustre is that gleam of light, assuring us that we do, somehow, have a bright future ahead.





48
SUNSHINE GARCIA

LAST YEAR: 37

A simple banana split recipe:

1 A banana
2 Ice cream
3 Fudge
4 Someone to give it to—and not another man! Sunshine loves a treat like this, so you better get to splitting, guys!



37
Sunshine's declared age

361,000
Sunshine's Instagram followers

3
Number of kids, all daughters

13
Age of Sunshine's eldest daughter

23
Sunshine's apparent age, because that's how she damn looks

1
Ex-husband who wasn't thinking

47
SUNSHINE CRUZ

LAST YEAR: 29

52 EJAY LEUNG; 51 SARA BLACK, MENSHEALTH PHILIPPINES; 50 BENCH; 49 DIX PEREZ, MEN'S HEALTH PHILIPPINES; 48 PAOLO PINEDA; 47 DOC MARLON PECJO



46 DANITA PANER

LAST YEAR: 34

What's the best thing about girls who know how to rock a crowd in an ear-blasting performance? They look like this in their downtime. Danita, oh, Danita...

45 GLAIZA DE CASTRO

LAST YEAR: 93

Can you believe we actually have a *teleserye* with a lesbian couple as a major plot point? Props for casting Glaiza as the girl-getter—she is so convincing it makes her doubly hot!



44 ASHLEY RIVERA

LAST YEAR: 39

From YouTube Sensation to Dubsmash Queen, this girl has been making us laugh from day one. But don't think she's all fun and games—beause from what we've watched from gym workouts you wouldn't want to provoke this girl, as in P-R-O-V-O-K-E.



43 ERIKA PADILLA

LAST YEAR: 42

Every team wants to win the PBA, because every team wants to be the ones to get to dunk a cooler of ice water on Erika's crazy bod. Do it for the fans!

41 BEAUTY GONZALEZ

LAST YEAR: 92

One of *FHM*'s big surprises last year after coming out on our cover and at the 100 Sexiest victory party looking—well, for lack of a more fitting term—really beautiful. We see what you did there, Beauty's mom and dad!





42 YAM CONCEPCION

LAST YEAR: 28

A girl who plays the drums is hot. If she drums to Nirvana songs, she's double hot. But she must not look like one of the boys just because she drums. Yam is all these and is not one of the boys.

46 MARK NICDAO; 45 GMA ARTIST CENTER; 44, 42 XANDER ANGELES; 43, 40 EJAY LEUNG; 41 DOC MARLON PECJO;

40

DIVINE MAITLAND-SMITH

➔ NEW ENTRY

It took a while for us to admit that Divine might be doing a better job with the girls than us, and that no matter how much she teases, we just aren't her type. But to make us feel better, she agreed to help us gain more mojo in the dating department as our Wingwoman. We concede.





39 MYRTLE SARROSA

➔ NEW ENTRY

Which of the following characters do you know? Score yourself accordingly, add up your points, and find out how well you know Myrtle!

- ☐ **Asuka Langley, Evangelion**
 8 points
- ☐ **Toru Kouno, Princess Princess**
 7 points
- ☐ **Rena, Grand Archer of Elsword**
 6 points
- ☐ **Miku Hatsune, Snow**
 3 points
- ☐ **Sakura Haruno, Naruto Shippuden**
 2 points
- ☐ **Sailor Moon**
 1 point



38 AUBREY MILES

LAST YEAR: 24

#Mombod may be a wonderful thing. But Aubrey here is putting up a standard of her own to celebrate strong women. We're not complaining.



37 BELA PADILLA

LAST YEAR: 41

They say being an ambassador to the country's No. 1 beer brand is a title fit only for ladies who can make a man weak in the knees more than any alcoholic drink. Bela here has the job covered.



36
RITZ AZUL

LAST YEAR: 22

The no-makeup-look fad that recently caught on to everyone including your girlfriend and *tita*? Ritz Azul easily champions that. Just take a look at snaps from her Instagram feed. Or ask her makeup artist.



35
JACKIE RICE

LAST YEAR: 16

Jackie endorses a sexual enhancement supplement for men, and if there's anything that will excite us, it has got to be a lady who makes sure we always rise to the occasion.



34
ANGELICA PANGANIBAN

LAST YEAR: 30

We think it was a thing called *tadhana* that Ms. Panganiban was included on our list this year. Even if she didn't grace our rag with a cover in a loooong time, at least her twin from a Japanese mother, Maria, did.



33
JEF GAITAN

LAST YEAR: 25

The former *Survivor* castaway is now trying her hand at newscasting and that's a great thing because we always get bad news on TV, but at least a real pretty face will be giving it to us instead of stodgy dudes.

39, 35 DOC MARLON PECJO; 38, 37 XANDER ANGELES; 36 ROY MACAM; 34 *THAT THING CALLED TADHANA*; 33 PAOLO PINEDA



32 ARIANNY CELESTE

LAST YEAR: 43

One of the best parts about the UFC coming to Manila was that we got to stare at Arianny's butt from our ringside seats (oh yeah, we're braggin') for a good 10 seconds each fight. HD television doesn't do justice to that thang live.



30 MEG IMPERIAL

LAST YEAR: 20

How to manage a website, according to Meg (of megimperial.net)

1 Have an abundance of material to stuff your website with, in the first place. Meg has dozens.
2 Use a very sexy photo as wallpaper on your homepage. For this one she used what seems like a promo photo from last year's *Moon of Desire*. It gets you hooked in an instant.
3 Post links to your Facebook, Instagram, Twitter, and YouTube accounts. All your stalking needs are in one place.
4 Use a hashtag that's easy to remember and display it prominently.



31 DAIANA MENEZES

LAST YEAR: 46

Word play with Daiana: What first comes to mind when you hear of our favorite Brazilipina?

32, 29 XANDER ANGELES; 31, 30 EJAY LEUNG



29

CHLOE DAUDEN

LAST YEAR: 33

During her cover shoot in Subic, a gang of monkeys went peeping tom on her while she was posing in the buff on the beachside. What does that say of her? This lady brings out the animal instinct in everyone, even animals. That's what.



28
PATRICIA JAVIER

RETURNING

Dear Patricia, Thanks to your "I want all moms to look hot" advocacy, we can no longer look straight into our *biyenan*'s eyes. Love, *FHM*



26
ARNY ROSS

NEW ENTRY

The last but definitely not the least Bubble Shaker to be popped by *FHM*. Come on, how could you resist that adorable smile?

2



27
ROXEE B.

LAST YEAR: 56

Here's what we would like to happen: She breaks up with Will Devaughn. She reverts to her original name Roxanne Barcelo. She time travels back to 1999, when she was in *Click*, but her body remains 2015.



25
KIM CHIU

LAST YEAR: 18

Stuff people say about Kim Chiu

She had a boob job.

She's been with Xian Lim for a while now. They'll probably get married, too.

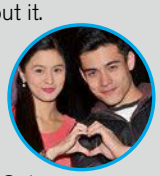
She was in *Binondo Girl.*

She's too skinny or sweet to ever be considered sexy.

Things we know for certain about Kim Chiu (sort of)

She says it's all about *pagdadalaga,* and a good push-up bra. Also people are OA about it.

Not a big fan of this dude.



She's from Cebu—*Bisaya siya*!

Well, she's on this list, isn't she?

28 DOC MARLON PECJO; 27-26 PAOLO PINEDA; 25 BENCH; 24 XANDER ANGELES

4

VALEEN MONTENEGRO

➔ NEW ENTRY

It's your fault she slid 10 notches this year from last year's ranking. And you should be ashamed that Valeen's way of saying thank you is with an 18-page cover extravaganza. So to make amends, you know what to do in next year's voting. Take her all the way to the top!



23 JESSY MENDIOLA

LAST YEAR: 13

Can we take a minute to discuss this lady's IG handle, @wonder_jessy? Not to throw shade at the other girls, but sometimes they have the most boring handles. This just sounds so much more vibrant and makes us think of Wonder Woman and wonder abs and how she would be a great girlfriend and all that daydream stuff.

22 RYZA CENON

LAST YEAR: 26

There's another Ryza you know so well, but DON'T EVEN GO THERE. Your thoughts should be focused on Ryza the consenting adult, which by law gives you leeway to fantasize and keep her on this list.



21 VALERIE 'BANGS' GARCIA

LAST YEAR: 12

23 DIX PEREZ, MEN'S HEALTH PHILIPPINES; 22 DOC MARLON PECJO; 21 JAKE VERZOSA, MEN'S HEALTH PHILIPPINES; 20 JAKE VERZOSA; 19 PAOLO PINEDA; 18 BJ PASCUAL 17 MARK NICDAO, COSMOPOLITAN PHILIPPINES

20
AIKO CLIMACO

LAST YEAR: 32



Going bananas with Aiko

There's just something awesome about girls who crave bananas in the middle of the night, and who also sell *turon* during their spare time.





What if Valerie decides to grow her bangs long again? Like, really long. So long you won't get a view of what you see here now, a few notches down (you bet she has those cleaves!). You would vehemently protest. So let's all agree: from hereon, Bangs shall be stricken out of her name!



19
DIANA ZUBIRI

LAST YEAR: 27

It doesn't really matter what number Diana falls under on this list, so long as she stays in it. She's made a comeback once, twice; but really, at *FHM*, it's always a homecoming.

18
MAJA SALVADOR

LAST YEAR: 21

Stuff Maja heavily hashtags on Instagram:

#MajaInLove

#ChangeForTheBetter

#BridgesOfLove

#watchmewhip

#kremtop

Stuff we wished she hashtagged:

#MajaLovesFHM



17
KATHRYN BERNARDO

NEW ENTRY

FHM UK just recently name-checked her on their Top 10 Hottest Nations list. This is Kathryn's first time on *our* list, and we have yet to cook up her first *FHM* cover. How on earth were they able to track her down? Our Brit bros sure have got some mad skillz, don't you, mates?



16 MARIA OZAWA

RETURNING

Activities Maria Ozawa did prior to her "well-followed" career in adult videos—and what comes next…

Pre-AV life
- Playing hockey
- Lingering about in after-school karaoke
- Starring in Japanese TV commercials for chocolate

Rumored (local) future projects to be excited about
- A Dita Von Teese-type burlesque show at a known casino
- A photo-book produced by yours truly
- A Pinoy film which may or may not co-star Robin Padilla



14 ALICE DIXSON

LAST YEAR: 7

We all know that Mayweather's deflection game is on point but with Ms. Alice's triple-shoulder-roll-knockout-flash-smile combo, we don't think any man's got a chance of getting up after that.





15 KATRINA HALILI

LAST YEAR: 31

Big phrases we flung around in an attempt to compete with Katrina's imposing photo on the cover. (Note: Kat's photos won.)



"She's got 2006 covered!"
DECEMBER 2005



"She's the Boss!"
FEBRUARY 2008



"One and Only!"
OCTOBER 2006



"Kat is Back!"
JANUARY 2015



13 LJ REYES

LAST YEAR: 19

What Lourna Jean Reyes (yes, that's her name) has proven so far:
1. She looks great with golden wings.
2. See-through panties. Yum!
3. Holey shirts. Yum!
4. Cold ice cream on her shoulders doesn't faze her.

16 WESLEY VILLARICA; 15-13 DOC MARLON PECJO; 12 PAOLO PINEDA, COSMOPOLITAN PHILIPPINES; 11 BJ PASCUAL, COSMOPOLITAN PHILIPPINES

FHM-worthy, FHM-ready: Coleen breaks the internet!

Putting her on this list is a given, and why she's more than deserving to be on the cover is obvious in these Instagram posts...







Anne? Please stop trying to be Miley Cyrus and just grace our rag with a cover. Watching your concerts on mute gets tiring after a while. Fine. If you pay us a visit, we can hold a karaoke concert at the shoot. You can invite your little sister as well. A double Curtis cover? What an awesome idea!

11 ANNE CURTIS

LAST YEAR: 9

12 COLEEN GARCIA

LAST YEAR: 89

10



ALODIA GOSIENGFIAO

↗ LAST YEAR: 14

Our favorite Alodia cat cosplays
All the planets of the animé universe aligned when Alodia-senpai noticed us and posed for the cover. Cheers to her for adding some *neko-neko kawaii desu-ness* to our list!





XANDER ANGELES

09 MAX COLLINS

DOC MARLON PECJO

➔ NEW ENTRY

Q: How does one camouflage unbearable *tisay*-ness in this bushy greenery?
A: You can't. You don't.

The many ways Max Collins can be funny, even when she claims she isn't...



On relations to Phil Collins:
"Well, you know, he's my uncle, and I'm going to claim my share in music royalties when I get back to the States. *Sings You'll Be In My Heart off key* Okay that's about it!"

On why she's so white:
"That's a good question. Because I'm luminescent!"



On taking up Collin-ary arts:
"Yes I want to! But wait, I don't cook."



08 RACHEL ANNE DAQUIS

RETURNING

Why Daquis is the Sexiest athlete on this list:

1 She not only has abs, she also obviously has core strength to show for it.
2 Which explains how she can pummel/receive a ball flying at 150kph.
3 She's so tall she makes a seven-foot-something-tall net seem like a puny hurdle to get the ball to the other side.
4 She grunts her way to championship and MVP titles.
5 That thigh gap.

JAKE VERZOSA


黄金城
GOLD CITY
soft&financial.co

07 JINRI PARK

↗ LAST YEAR: 10

Korean girls are often accused of looking too similar to each other, but that's definitely not a problem with our still undisputed No. 1 Korean crush. Speaking of, wouldn't a sexy girl group fronted by Jinri be the best? Hey, send some more over, guys!



XANDER ANGELES

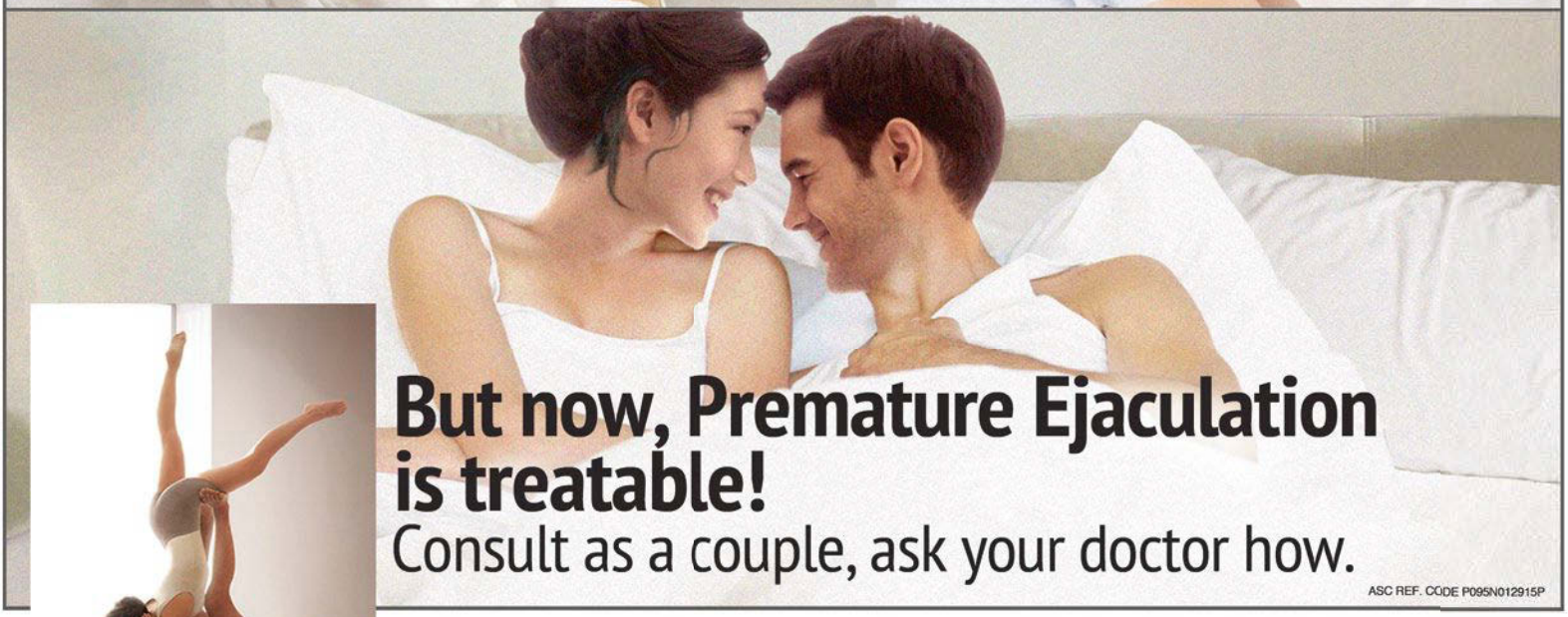


Do you come too early? Mabilis ka bang labasan?



Almost 1 in 3 men has Premature Ejaculation.

20% of sufferers end up in broken relationships.



But now, Premature Ejaculation is treatable!

Consult as a couple, ask your doctor how.

ASC REF. CODE P095N012915P

TAKE THE TEST NOW!

1. HOW DIFFICULT IS IT FOR YOU TO DELAY EJACULATION ?

Not difficult at all	Somewhat difficult	Moderately difficult	Very difficult	Extremely difficult
0	1	2	3	4

2. DO YOU EJACULATE BEFORE YOU WANT TO?

Almost never or never 0%	Less than half the time 25%	About half the time 50%	More than half the time 75%	Almost always or always 100%
0	1	2	3	4

3. DO YOU EJACULATE WITH VERY LITTLE STIMULATION?

Almost never or never 0%	Less than half the time 25%	About half the time 50%	More than half the time 75%	Almost always or always 100%
0	1	2	3	4

4. DO YOU FEEL FRUSTRATED BECAUSE OF EJACULATING BEFORE YOU WANT TO?

Not at all	Slightly	Moderately	Very	Extremely
0	1	2	3	4

5. HOW CONCERNED ARE YOU THAT YOUR TIME TO EJACULATION LEAVES YOUR PARTNER SEXUALLY UNFULFILLED?

Not at all	Slightly	Moderately	Very	Extremely
0	1	2	3	4

ADD UP YOUR SCORE :

Total score less than or equal to 8: No premature ejaculation
Total score 9/10 : Probable premature ejaculation
Total score greater than or equal to 11 : Premature Ejaculation

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100
SEXIEST
WOMEN
IN THE WORLD 2010
06
ANGEL
LOCSIN
LAST YEAR: 3
Our Guardian Angel
Man's Best Friend
Our Bikini-
clad Heroine
XANDER ANGELES COURTESY OF FOLDED & HUNG

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05

SOLENN HEUSSAFF

↗ LAST YEAR: 6

The French paradox: They eat a lot of fatty shit, like cheese, and they don't all die of heart disease. We don't care much for the gunk they put in their trunks, but we like it that when they mingle their juices with other people's juices, like ours, they produce beautiful people like Solenn.

COURTESY OF BENCH

BAYER

100 MEETINGS. 1 NIGHT.

Bid your way into the FHM 100 Sexiest Victory Party

MECHANICS

1. Bid for a ticket to the FHM 100 Sexiest Victory Party at participating Mercury Drugstores. Bidding starts with a purchase of one (1) Rogin-E 12s pack. Top 3 bidders of the day get a FREE ticket.
2. Buy Php 1,000 worth of Rogin-E products in participating Mercury Drugstores to instantly get a FREE ticket.
3. Each Mercury Drugstore branch will have a limited number of passess available for sale (4 pcs) and for bidding (3 pcs).
4. Purchase and bidding to be valid only from July 1 to July 10, 2015 at participating Mercury Drugstores.
5. Participating Mercury Drugstore branches are as follows:

1-Jul • SCOUT BORROMEO	6-Jul • QPLAZA
2-Jul • TRINOMA LEVEL 1	7-Jul • EDSA PLAZA
3-Jul • ERMITA	8-Jul • 32nd ST. BGC
4-Jul • HARRISON PLAZA	9-Jul • MARKET MARKET
5-Jul • RETIRO	10-Jul • GLORIETTA

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100
SEXIEST
WOMEN
IN THE WORLD 2011
04
SAM PINTO
LAST YEAR: 2
Bakit?
Nagtanong ka pa.
Obviously, she is still the correct mold of woman we want these days, and until someone steps up to offer something new, Sam will be here for as long as she wants.
XANDER ANGELES



03

ELLEN ADARNA

↗ LAST YEAR: 8

The essential Ellen Adarna playlist

1 The workout video
2 The Bench workout video
3 The “workout” video with Solenn
4 The Oktaves music video
5 The banned coffee commercial

COURTESY OF BENCH



02

Andrea's Sexiness Meter

We can probably get past the hair

Ang Lihim ni Annasandra
We thought long and hard about how we would handle it if Andrea suddenly turned *baboy-ramo* on us during the shoot. If she looked like this, we probably wouldn't mind much.

Sana ay Ikaw na Nga
There's just something about *probinsyanas* and dusters that make them so appealing.

With a Smile
There's a very big problem with Andrea's cooking– *ngiti pa lang niya, solb na kami.*

Sunday All Stars
Seeing Andrea bust a groove makes us want to bust some splits of our own. Hiyaaaaa!

ANDREA TORRES

↗ LAST YEAR: 47

Bubble Shakers
This is where Andrea became a master shaker. Shake those 92s, Ms. Torres!



Best Andrea is dancing Andrea

DOC MARLON PECJO


100 SEXIEST WOMEN IN THE WORLD 2014
1st
10th
Debuted 9th on the list in 2004
Dropped to 10th in 2005
Up 8th again 2007
Dropped 14th in 2008
Dipped to 17th in 2009
13th in 2010
7th in 2011
9th in 2012
4th in 2013
4th in 2014

01 THE NATION'S FINEST JENNYLYN MERCADO

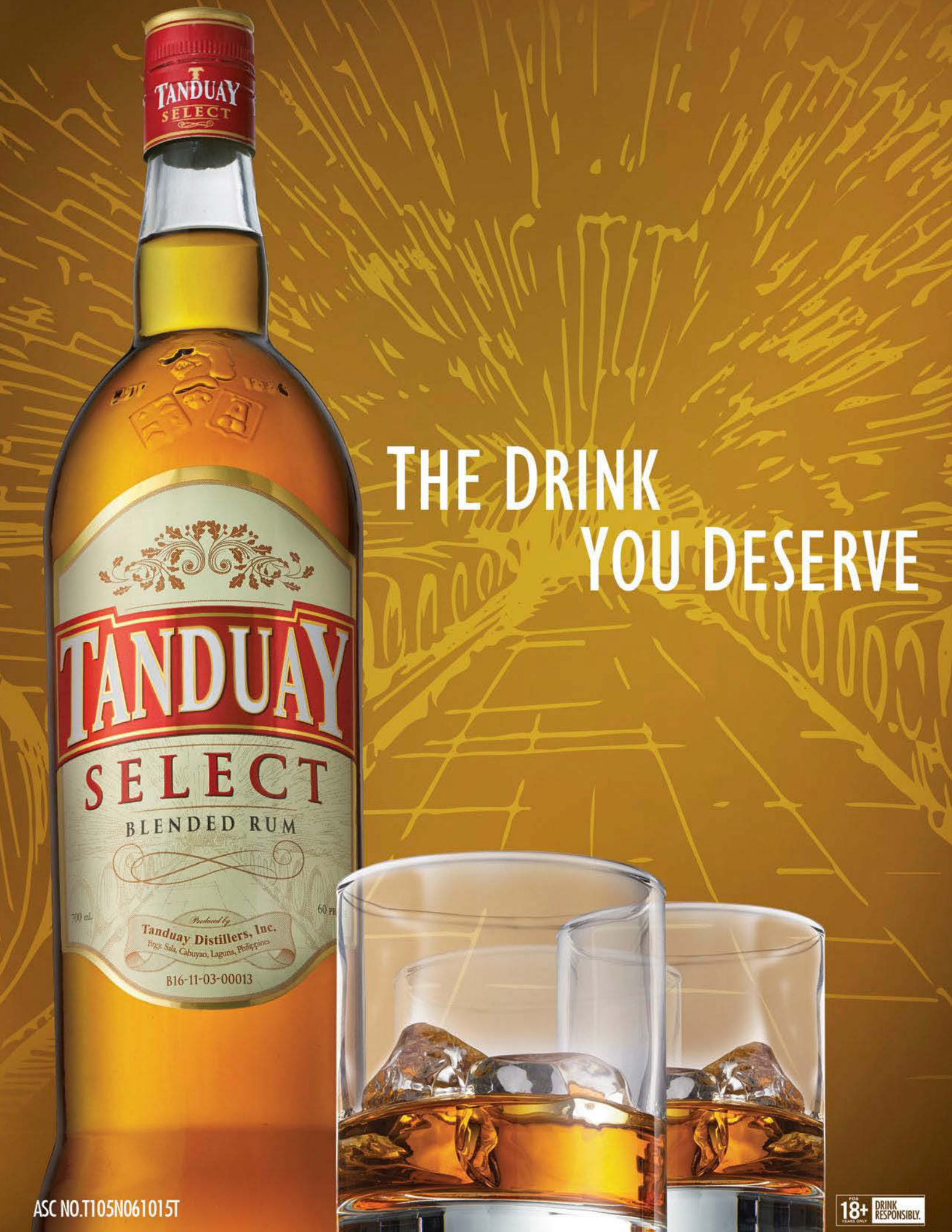
↗ LAST YEAR: 4

It took a while (11 years "a while") before you decided to crown Jennylyn Sexiest Woman in the Land—not that she needed you to tell her. Look closer. She's telling you now. Congratulations on finally realizing it.



DOC MARLON PECJO


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